

SHOE BUYER'S GUIDE

26 PAIRS TESTED + ALL-NEW SHOE FINDER!

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WORLD

**LEANER, FASTER,
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QUICK WORKOUTS, p85

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Special

18

**WAYS TO FEEL
BETTER FAST**

**BEST
TIPS**
Ever!

20 Key Rules To

- ▶ **START RUNNING**
- ▶ **NAIL ANY GOAL**
- ▶ **RUN HEALTHY
FOREVER**

Alexa Lee Riczo
(1:44 half, 5:48 mile)
trains in Brooklyn. To
set your PR, see p44.

STRESS LESS
HOW TO FIT MORE RUNNING
INTO YOUR BUSY LIFE

SEPTEMBER 2015
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(And a Few Things You Probably Don't)



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The women's open division at the USATF National Club Cross Country Championships.

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BY JONATHAN
BEVERLY & MARTYN
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An aerial, high-angle photograph of New York City at night. The image captures a dense urban landscape with numerous skyscrapers and buildings, many of which are illuminated with warm yellow and orange lights. The lights from the buildings and streets create a vibrant, glowing effect against the dark sky. In the background, the city gives way to a body of water, likely the Hudson River, with some distant lights visible on the opposite shore. The overall atmosphere is one of a bustling, resilient metropolis.

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THE ALL-NEW 2015 EDGE



BE UNSTOPPABLE



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Tina Weissauer also can't live without her cap. "It says, 'Run steep, get high,'" she says. "I like that phrase; I think about that on long, hard runs."



When handling very hot peppers like habaneros, wear gloves or rub olive oil on your hands to reduce the burning effect of capsaicin.

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ASK THE GEAR GUY

Curious which inexpensive watch is the best? Wondering what to wear for your first trail run? Whatever your Q, Gear Editor Bryan Boyle has the A. Submit queries at runnersworld.com/gearguy.



TRAINING VIDEO

Check out the active recovery moves found on page 60, then follow along with the demonstration at runnersworld.com/activerecovery.



I'M A RUNNER

Watch a behind-the-scenes clip of Peter King in Central Park at runnersworld.com/imarunner.



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David Willey

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What's your best gear tip for runners?



"When you think you've used enough Body Glide, use more."



"Alternate between at least two kinds of running shoes. They hold up longer."



"To combat stinky shoes, remove the insoles (the part of the shoe your foot sits on) and wash them in the sink with dish soap."



"Spend your money on a great three-season jacket. It will pay dividends through many years."

"Don't overdress in the cold. I once sweated myself out of contention in a race in 9-degree weather."

"Same as fueling—nothing new on race day!"

Molly O'Keefe Corcoran

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ANCHORAGE, ALASKA

RUNNER

Matt Shryock

THE EXPERIENCE

Wolverine Peak Trail starts just east of the city and climbs 3,550 feet over nearly five miles. From its summit, you get a panoramic view of downtown Anchorage, the Cook Inlet, and the Chugach Mountain Range, which “looks like it goes all the way to the North Pole,” says Shryock. “On a clear day, you can see Mount McKinley to the north, at 20,000 feet the highest peak in North America.”

STAY OUT LATE

During the summer months, “You can be on top of the mountain at midnight and still run home in the light,” says Shryock. This photo was taken around 10 p.m.

LAYER UP

Shryock recommends always carrying a light windbreaker. “The weather can change immediately, even on a sunny day,” he says.

WILD ENCOUNTERS

It’s not uncommon to see moose, lynx, and black bears in this area.

PHOTOGRAPHER

Tom Robertson



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THE INBOX

HISTORY LESSON

Kudos to Bill Donahue for writing about Lon Myers (“Rise of a Running Nation,” July). By holding so many records at multiple distances, he truly was the Steve Prefontaine of his day. Thanks to RW, a new generation of runners will keep his memory alive.

JAMES WILK, HIGHLANDS RANCH, COLORADO

REAR GUARD

Thank you, David Willey, for your editor’s letter “Lasting Impressions” (July). I haven’t run in almost 40 years and have just started running again. (I’m 57.) My fear had been that I’d end up dead last, but now I will have no fear! And I will stop and cheer on anyone who finishes behind me.

TONY WETMORE, CRESTLINE, CALIFORNIA

Regarding “Dead Freakin’ Last...And Proud of It!” (July): At the inaugural Go Girl Run in Oklahoma City in March, there were a dozen participants who ran the last mile with the last courageous runner, and close to 300 of us waited for her at the finish. I cried like a baby.

MARLA J. CALICO, FAIR GROVE, MISSOURI

IN A GROOVE

“Home Run” (*Life & Times*, July) reminded me how fortunate we are to have familiar places to run and how important those routes are to us.

AMELIA LOCKHART, VIA EMAIL

CLARIFICATION: In our August issue, we stated that Amelia Boone, the runner on our cover, finished 13th in a Spartan Race in Montana (page 17). She actually ran 13th overall and was second woman.

Send comments to letters@runnersworld.com. If your letter is published, you’ll receive an RW T-shirt.

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THE TWEET

“GUESS WHO WAS ON MY FLIGHT TO CHICAGO...TWO OF THE GREATEST MARATHONERS IN U.S. HISTORY. #1STTIME”

—@runmeb

Marathon legends Joan Benoit Samuelson, Bill Rodgers, and Meb Keflezighi had all been in Green Bay, Wisconsin, for a charity event held before the Bellin Run in June.



THE OUTTAKE

Shooting the ice bath photos for “Cool Downtime” (page 56) was no small task. Photo editor Renee Keith had a 200-gallon tank custom-built for the studio, and filled it with more than 700 pounds of ice. Then former college track runner Liz Brown modeled her chilled-out lower half in two- to three-minute stints. “It was great to see the crew work so quickly so my legs didn’t freeze off,” says Brown. When it was over, she thawed out on the loading dock (temps in Emmaus, Pennsylvania, hit 95 degrees that day) and blasted her toes with a hair dryer.



Between takes, the crew had to help Brown out of the tank because her legs had gone numb.



THE COVER

Brooklyn-based runner Alexa Lee Riczo, 27, had never been to Los Angeles before her Venice Beach cover shoot, but she enjoyed the eccentric locale.

“Near where we shot, there were people playing instruments, singing, doing yoga, running, and working out,” Riczo says. A runner since fourth grade, Riczo played soccer for Cleveland State University.


“My position was defensive center mid, which required a lot of running,” she says. “It fueled my desire to be a stronger runner.” She holds a 1:44 half marathon personal best. Cover photo by Ture Lilligraven.

THE STAT

35

Percentage of runners who say they strength-train regularly (eight percent don’t bother at all). Learn why you should pick up a dumbbell on page 85.

Based on 1,099 responses to an online poll



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WARMUP

THE LOOP

THE PHOTO

#RWPORTALINE

What porta-potty setup makes for the shortest wait? Find out on page 81.



"Why does it seem like we always stand in the longest line? Or there's never enough potties!" —@kat_chin08

Next month, snap a photo of the person, place, or thing that inspires your running. Tag it #RWInspire.

THE LATEST

Researchers at the University of Texas at Austin have found that running does, in fact, reduce the symptoms of post-traumatic stress disorder (PTSD). The small pilot study was reported on in the April/June issue of *Cognitive Behaviour Therapy*. *Runner's World* first wrote about the research in "Running Back from Hell" (March 2014), a story about how soldiers and scientists were using running to counteract PTSD symptoms. "It's exciting that something so straightforward—running—can have such a large impact on the treatment of PTSD," wrote lead study author Mark Powers, Ph.D. A larger study is currently underway in Regina, Saskatchewan, and is expected to last three years.



"I have a hairy chest, so bandages don't stay on," Henry says. "This adhesive pad works the best!"

THE QUESTION



WHAT'S THE WORST RUNNING ADVICE YOU'VE EVER GOTTEN?

"From a doctor: 'You likely won't get much better, so you should stop running.' I qualified for Boston the next year."

—Sandra Walsh-Whitford

"Don't do strength-training. It's not good for runners to have extra muscle."

—Jennifer Hill

"You can run through an injury—you just have to do it right."

—Aaron Kronick

"Eat plenty of fiber before that half marathon."

—Paul Dunne

"If you don't run every day, you might as well not run at all."

—Bruno Basile

"Run barefoot in the sand."

—Cheryl Grace Fairfield

THE BRIGHT IDEA

Guys, if nipple chafing has ruined your runs, reader Tom Henry of Cranford, New Jersey, has the solution to save the day: Dr. Scholl's corn cushions.

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NEWS, TRENDS, and REGULAR RUNNERS doing AMAZING THINGS

RUNNER BY THE NUMBERS

MICHELLE WALKER

46, EVANSVILLE, INDIANA

Walker's initial marathon goal was challenging: to qualify for Boston, which meant she needed to run under 3:45. It took 38 tries and five years to earn a 2013 Beantown bib. Afterward, she realized she had amassed sub-four-hour finishes in 26 states. So she set out on her next quest: to go sub-four-hours in all 50 states. In May, she became the 14th woman ever to accomplish the feat. And, notably, the first mother of six to do so. What's next? Her first Ironman triathlon is in October. Then she'll go for Boston qualifying times in all 50 states. "Goals evolve, and achieving them is so fulfilling," she says. "It's made me a better parent and spouse." —LARA ROSENBAUM

111

Number of marathons she has completed

7

Number of continents on which Walker has run marathons

4:15am

The time Walker gets up three days a week to train. She never ever sleeps past 6:15. "Balancing my running goals with family life can be difficult. I spend as much time planning childcare and travel as I do training."

3:59:33

Walker's closest call, when she squeaked in under four hours at the 2011 Baltimore Marathon. "I had the Atlantic City Marathon the next day, so I tried to conserve energy."

26

Hours "rested" between marathons on two continents: South America, then Antarctica

3:29

Walker's marathon PR (2013)

Fourteen

Number of states Walker had to repeat to nab a sub-four time

29

Number of marathons Walker ran in 2012—her highest yearly total

10

Number of race costumes (including Wonder Woman) in her collection



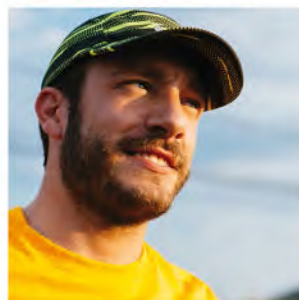
On a family vacation in March, Walker (center) ran 26.2 aboard a cruise ship; her six kids (shown here) took turns running with her.





NEW ORLEANS SAINTS

Teachers enhance their students' lives with an after-school running club in a struggling community.



including “appreciation circles” that call on each kid to state what he or she learned and to compliment a peer.

Today, Youth Run NOLA serves 250 predominantly low-income kids at 20 locations in the New Orleans area. During the 2014–’15 school year, those kids, now ranging from fourth-graders to high-schoolers, combined to log nearly 12,000 miles and earn more than 900 finishes at local milers, 5Ks, 10Ks, and half marathons. The organization has a lean four-person staff but also, critically, includes 57 volunteer coaches, mostly teachers.

In a state with a 21.1 percent childhood

SMART MOVE

The Centers for Disease Control reviewed 50 studies examining the link between school-based physical activity and academic performance and found that students who participated in exercise programs had improved self-esteem, verbal and literacy ability, and grade point averages, as well as better attendance rates.

Six years ago, Andre Feigler, 28, was a first-year high school English instructor in the poor, Hurricane Katrina-ravaged community of Chalmette, just downriver from New Orleans. “It struck me that the kids didn’t have a ton to do between 4 and 6 o’clock,” says Feigler, who at the time was training for the Crescent City Classic 10K. “Students would hang out in my classroom after school and see me in running clothes and ask about my running.”

Feigler, who notes that the after-school hours are recognized as the peak times for juvenile crime and drug and alcohol experimentation, figured she could give her students something healthy and safe to do by starting a running group on her school’s track. She and fellow teachers Alex Lebow and Denali Lander formulated a structure that included twice-weekly practices, a year-end race goal, and empowerment exercises,

Youth Run NOLA at the Crescent Connection Bridge Run with Feigler (bib 1291, above), Lebow (hat and beard, top), and Lander (bib 1016, top).





obesity rate and a city with a 39 percent child poverty rate, which is well above the national average, Youth Run NOLA has been lauded as a desperately needed change agent.

During the program's inaugural year, students often ran in school uniforms—polos, belts, khakis, and certainly no running shoes. (Since then, Nike and Newton have donated shoes.) That didn't deter them, however, and in 2010 eight students finished the Classic 10K.

The next year, 46 students from three schools finished the Classic, and the program has grown every year since—more kids, more miles, more races. The use of teachers as volunteer coaches remains central to its identity. "We train teachers to be coaches and really believe that relationship piece—running with the kids that we see during the day—is foundational to the organization," says Lander, 28, who is now the program's executive director.

The true measure of Youth Run NOLA's success, though, may not be the bonds forged between teachers and students—but those between its student alumni and the next generation of runners.

At the 2015 Crescent City Classic, Keith Davis, 22, wears the same canary yellow Youth Run NOLA shirts as the kids, but today he's a volunteer "running buddy," helping a sixth-grader named

A.J. finish his first 10K. Davis is a sophomore at Southern University at New Orleans on a full-ride scholarship for promising young African-American leaders. Three years ago, he was a disengaged 18-year-old with anger issues who was invited by a teacher to train with Youth Run NOLA. "This program has done a lot for me," Davis says. "It kept me out of trouble, kept me busy. And I learned that running was great for helping me blow off steam."

Davis's involvement is about giving back—he spoke at the group's pasta dinner the night before the race, led prerace cheers with a megaphone, and then paced A.J. to a 65-minute finish. "Youth Run NOLA is a part of me—they're like family," he says, explaining his reasons for staying involved despite a hectic college schedule. "These kids remind me of me."

—NICK WELDON



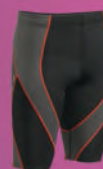
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The Fast Life

BY LAUREN FLESHMAN



IT SUCKS TO BE GREAT

Okay, not really. But it's hard when you can't run your best.

Having battled Achilles problems for over a year now and with another track season evaporating before my eyes, I've had to continually shift my goals. At this point my target race has been pushed out to late September, the USATF 5K Road Championships in Providence, Rhode Island. ¶ The past months have been bleak. Stop, start. I had an injection in my Achilles area, took another big break, and started at ground zero once more in February. I lost my will to intensely cross-train and started riding my mountain bike for fun instead. Let's just say there were lots of blank spaces in my training log. I enlisted the help of my friend Bob to take over my return-to-running program, since I apparently kept screwing it up when coaching myself. The training plan Bob wrote for me has been painfully gradual, consisting of two to three days of running followed by a day of mountain biking, but the heel pain has been under control for the first

time in months, and that's the most important thing. After not doing a workout on the track in more than three months, the day finally came to do something measured.

Here's the workout Bob gave me: 1.5 miles (six laps) at 5:20 pace, two laps easy jog recovery, 200 meters (half a lap) in 32 seconds.

That 5:20 pace would be a joke for "fit Lauren," but I hadn't sniffed anywhere near that pace in months. The fast 200 at the end I was less worried about. You can tolerate anything for half a minute.

Daniel, who helps me coach the pro women on Oiselle's Project Little Wing, showed up to pace me and keep me company. I insisted on running in the lead the first two laps to "feel the pace," and he agreed to take over the lead after that so I could hang on for dear life.

We placed our feet on the faint white line of the pocked black rubber track and took off running at the exact moment our fingers beeped our watches. I pressed the pace in front, driven by the thought that it would take a lot more effort than usual to run a pace that was once so easy. Crossing the line at 400 meters, 74! That's faster than a 5:00-mile pace! I tried to back off the accelerator, but I still came through the half mile in 2:31. *Damn. I'm going to pay for that later.*

Daniel took over the lead and slowed the pace down to something more reasonable, but we still came through the mile in 5:08, 12 seconds too fast. An eternity. Two laps to go... my arms were a tad tingly. I prepared myself for lactic acid to take over, but it never did. I finished averaging under 5:10 pace for six laps, astonished at how easy it felt.

We jogged the prescribed two-lap recovery, and lined up for the 200 meters. I shot off the line, legs more powerful than when I won the 2011 London Diamond League 5K with a blistering kick, more fluid and dynamic than I could ever remember feeling. I flew through the finish →



ASK MILES

He's been around the block a few times—
and he's got answers.



At mile 11 of a half marathon, a woman said to me, “Watch your arms!” Do you think I should watch my arms, or should she watch her mouth?

—Thomas W., Turlock, California

You thought of the “watch her mouth” comeback the next day, right? When it was way too late to actually use it? That’s always how it works. Anyway, I’ve said it a hundred times: Unsolicited advice is never a good thing. That definitely applies when it comes late in a long race, from a total stranger, when all you’re trying to do is keep it together long enough to finish. (I’d love to see this woman on a passing ship, trying to “help” a drowning man via bullhorn: “Stop flailing around so much!”) When it comes to negative talk, the best course of action is to just ignore it.

Is it dishonest to wear a race jacket for an event if you haven’t actually participated in it?

—Charles D.,
Inverness, Florida

I would use the word *misleading*. As deceptions go, this one is relatively minor. It’s not nearly as bad as, say, wearing a Purple Heart that you picked up in a pawn shop. But it’s wrong. For certain events—Boston leaps to mind—an official race jacket is a coveted badge of honor. When you see someone in a 2015 Boston Marathon jacket, you naturally assume that the person ran the 2015 Boston Marathon. If he/she did not, in fact, run Boston that year? I’d call that false advertising, and I think most other runners would, too.

Have a question for Miles?
Email askmiles@runnersworld.com and follow [@askmiles](https://twitter.com/askmiles) on Twitter.

MILES ASKS



Have you ever gone on a run for the sole purpose of venting anger?

- ▶ Well, @runnersworld has Rave Runs, I have Rage Runs. @GPescatore
- ▶ Absolutely. Don’t have a brick wall to slam my head into. @timmbrr
- ▶ It’s much better (and safer) than tweeting anger. @simonemccallum

ILLUSTRATIONS BY ANDY REMENTER

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→ and stopped my watch with Daniel behind me yelling, “Jeezus, Lauren!”

The watch said 28.1. Wow. I hadn’t seen a fast time like that in years. And the scarier thing was that I felt like I could do it again.

Jogging my cooldown, I felt puffed up, proud, thrilled, and most of all affirmed that I still had what it took to be great again! Not a lot of women can do that off the bench, and I, Lauren Fleshman, was one of them! Who cares if it’s been four years since I raced at a truly world-class level. Maybe, just maybe, I could do it again...

And that’s when the unexpected happened. A sadness flooded in and drowned my excitement. I felt like I weighed 300 pounds, and my springy jog turned into a slog, and eventually, a walk. It wasn’t physical tiredness. It was emotional fatigue. After so many false starts since having my son, Jude, seeing glimpses of my potential made my heart ache. Get shot down enough times after allowing yourself to believe, and you stop wanting to believe.

“How’d it go?” my husband, Jesse, asked when I came in the door later.

“Eh,” I said, walking for the refrigerator without meeting his eye.

“Talk to me,” he said.

Jesse is no stranger to the athletic-injury roller coaster, but at that moment we were sine and cosine, at the pinnacle of opposite curves. Over and over again, we’ve taken turns being the person kicking ass while the other is in the dumps, and we never seem to ride high at the same time. When you’re down, you need help, but you don’t want to kill your partner’s hard-fought buzz. But that’s marriage, I guess: willingness to have your buzz killed at any given moment.

So we talked. We talked about how every time the door shuts you get a little harder. That while people say adversity makes you more determined, it’s not linear. We agreed that the refrigerator magnets are liars: Simply wanting it the most is not enough.



How do you get through rough patches?

Join the conversation on Twitter using **#RWTough** and following **@laurenfleshman**

You also need luck. Support. Health. We talked about how rough patches in sports can feel like opening your heart to someone who doesn’t love you back. At a certain point, you just want to know if it’s going to work or not. And when you get used to it not working out, that’s when you need to call on your crew.

My defense mechanism the past few difficult months has been, “I’ll be okay without running. I’ll be patient and give it another shot, but if it doesn’t work out, I’ll be okay.” That’s all fine and good until I get a glimpse of what’s possible. A reminder that I have a gift. That I’m good at this. That at one point I was one of the best in the world at it. That there is more in there. And goddammit I do care, and I really want to be fast again.

Later, as I sat in the grass on the sidelines of the Payton Jordan Invitational in May, watching the 5K women run blazing times, my legs twitched in synchrony with their steps. This was meant to be the race where I made my comeback and hit my qualifying times. I belonged here, I thought, my hands rubbing my Achilles, and the familiar sadness returned. A text popped up on my phone from my coach.

“It may seem a million miles away. It may seem covered in mist and fog and seaweed and dust. It’s in a crate, and you don’t want to know because it might make you sad. But do this. Dream. You will be great a year from now. Strong. Healthy. Balanced. Ready to get your qualifying time and no more. Knowing you are building the machine for the Olympic Trials

and this is another stop toward your dream to shock the world. I still have this dream. Every day.”

The dream is in there, somewhere. Giving myself over to this dream for the next year won’t guarantee success, but it is the only way success is possible. I’ve got people in my corner, my dad’s fire in my blood, moments of brilliance to build upon, and an inability to be extinguished by a broken heart. I can fight well with that.

Lauren Fleshman is a pro runner with Oiselle, cofounder of Picky Bars, and coauthor of the recently published *Believe Training Journal* (Velo Press). For more, go to runnersworld.com/laurenfleshman.



Runners who inspire us



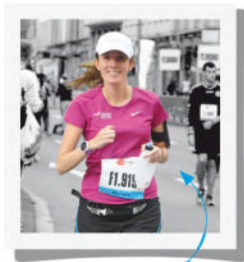
PEGGY ABUNDIZ
Running 5Ks in 50+ pounds of gear

After her firefighter husband survived three different cancers, Abundiz wanted to honor him by doing something he loved but could no longer do: run. In 2014, Abundiz started logging 5Ks and 10Ks wearing more than 50 pounds of firefighter gear, including a helmet and boots. The couple cofounded Code 3 for a Cure Foundation to support firefighters with cancer. Abundiz helps manage the foundation and raises money by racing. “I feel better running in the gear than I do running in regular attire,” says the 47-year-old from Alta Loma, California. “Something happens inside me when I put on the firefighters’ armor.” —MEGAN DITROLIO



NATHAN VANDYKEN
Earning a memorable victory

VanDyken has cerebral palsy and relies on a walker to get around his Grand Rapids, Michigan, middle school. But that didn’t stop him from joining the track team. “I like to go fast,” says the 14-year-old who runs the 70-meter dash. Typically, VanDyken’s peers finish when he’s halfway through the distance. But at a meet in April, a trio of his competitors decided not to sprint ahead. Ben Hood, Noah Jacobs, and Victor Santillan ran alongside VanDyken so he could finish first. “It felt good to win,” he says. His mother, Elise, says running track has made him “the happiest he’s been all year.” —MEGAN HETZEL



RUN IT BY ME

GALAXY QUEST

Astronomer and marathoner Michelle Collins explores the idea of running in outer space.

→ When her head is not in the clouds, Yale Hubble Fellow Michelle Collins stays grounded, logging miles terrestrially (New Haven, Connecticut, to be precise). She started training seriously while pursuing her Ph.D. at Cambridge's Institute of Astronomy in the U.K. Despite the demands of her academics, she started a blog (therunningastronomer.com) and built up her mileage. The 31-year-old ran her first marathon in 2014 and plans to do another in 2016. Of course, Collins doesn't think about gravity when hitting the streets. "I use my runs to take my mind off work," she says. But when we asked her to combine her area of expertise with running, she agreed, though not without some initial concern: "It should be known that these events would be B.Y.O.O₂." —ALI NOLAN



MERCURY

"The closest planet to the sun would offer some intense temperatures for runners. The side facing the sun reaches 800°F, and the dark side is -300°F. To find respite from these extremes, run near the planet's poles. Pack your sunscreen!"



VENUS

"Due to an incredibly toxic atmosphere with high levels of sulfuric acid, temperatures at 867°F, and a plethora of active volcanoes, running on the surface of Venus is not advised."



THE MOON

"A pair of trail shoes is recommended for this location since the Moon's surface is rocky and littered with craters. If you're looking to do a good long run, you could trek across the 25-mile wide Aristachus Crater."



MARS

"Gravity on Mars is 60 percent lower than on Earth. So your foot strike would have less impact and you could glide. It's dry up there, and dust storms come on quickly. Consider wearing a face mask to protect against the blowing red dust."



EUROPA (MOON OF JUPITER)

"While Jupiter has a rocky core, it is covered in so much liquid hydrogen you would sink and be crushed beneath its weight. But Europa, one of its largest moons, is thought to have a habitable zone. Wear spikes on your running shoes to manage the surface of this icy beast."



TITAN (MOON OF SATURN)

"Like Jupiter, Saturn is not an option for running, with its nonsolid surface and all. But the largest of its six moons, Titan, has an air pressure similar to the Earth's. Pack a waterproof layer since there is a chance of methane rainstorms. They're nontoxic but quite stinky."

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EXECUTIVE ACTION

A county leader sheds 69 pounds and launches a marathon.



STEVE BELLONE
BEFORE 244 LBS (ABOVE)
TODAY 175 LBS (BELOW)

→ **Steve Bellone's** first year on the job—as Suffolk County Executive in New York in 2012—was just a bit stressful. He inherited a financial crisis. A summer wild-fire wreaked havoc on Long Island. In October, Superstorm Sandy walloped the region. For six weeks, Bellone worked day and night, seven days a week, subsisting on junk food.

Then Winterstorm Nemo hit in February 2013. “With each of these natural disasters, the weight just piled on,” says the 45-year-old father of three. His turning point came after watching a movie in which a father dies, leaving behind a devastated daughter. “I got choked up. I told my wife, ‘I have to get healthy. I have to make a change.’”

Bellone, who weighed 244 at the time, started running on a treadmill for five minutes at a time. A week after his very first run, he decided to train for a mara-

thon. “I’ve always liked to set goals,” he says. He committed to going a little bit faster or longer every time he ran. He also cut portion sizes, eating half of what he’d eaten before while adding fish and more vegetables to his diet.

A year later and almost 70 pounds lighter, Bellone finished the 2014 New York City Marathon in 4:47, raising \$10,500 for Hope for the Warriors, a veterans’ charity. His next marathon will be even closer to home: Bellone is the driving force behind the Suffolk County Marathon and Half Marathon. He will run the inaugural 26.2-miler on September 13.

Bellone has thought about trying a triathlon, but “my main goal is to do what I’ve not been able to do my entire adult life: maintain a healthy lifestyle,” he says. “There’s a marked difference between where I was and where I am.”

—EMILY ROGAN



SECRETS OF BELLONE'S SUCCESS

HE'S FLEXIBLE

“I belong to a gym that has seven different locations. I run early in the morning, late at night, or pop in to the gym in between events or meetings when I can do a quick run. I prefer to run outside on trails, but this allows me to keep up with my workouts even during busy weeks. I need to adapt to a crazy work schedule.”

HE LIFTS

“I do a 25-minute strength-training circuit a few times a week. I feel stronger, and it’s helped me get leaner and faster, too.”

HE INDULGES ...

“I didn’t give up bacon cheeseburgers. I just cut them in half and save the other half for another meal.”



... BUT HE KNOWS HIS LIMITS

“I told my wife she can’t bring peanut butter into the house. Once I start eating it, I can’t stop. It’s just one of those trigger foods I had to pull out of my diet.”

PHOTOGRAPH BY RON APPETI/ALAMY (BURGER)





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Remy's World

BY MARK REMY

HILLS. FARTLEKS. BEER.

Is it possible to be one's own marathon coach? Well, why not?

Back in May, for reasons that still mystify me, I registered for a fall marathon. I wasn't drunk. Not exactly, anyhow. It wasn't boredom, or a burdensome surplus of cash. (A hundred and 40 bucks! For a marathon!) It wasn't temporary insanity. Well, maybe it was. How would I know, right? ¶ Maybe I'll never understand why I signed up. What I did understand, immediately, was that I'd need a training plan. And soon. ¶ As a veteran of 25 marathons over 20-odd years, I knew the drill—go online for a plan, or else get one from a trusted personal source. (In my case, that would be Budd Coates, RW's training director and former elite marathoner, with a 2:13 PR.) Either way, the plan would include the usual familiar stuff—the gradual buildup, the tempo runs, long runs, easy days, taper. And either way, I could reliably depend on the plan to get me to the starting line healthy, fit, and ready to run 26.2 miles. ¶ This time, I was leaning toward option number one. I would visit runnersworld.com, plug a few numbers into the Smart Coach tool, get a plan, and tweak it as needed. No muss, no fuss. ¶ Then I paused. ¶ What if I created *my own* training plan instead? From scratch?



Just to see what would happen? I'm a reasonably competent, intelligent guy. And I've followed enough marathon training plans to have learned a thing or two along the way.

Still... Design a marathon training plan? Entirely by myself? It felt audacious. Brazen. Saucy! Was I up to the task? Was the student really ready to assume the role of master?

I was reminded of the scene in *Return of the Jedi* where Luke Skywalker is brought before Darth Vader, who examines Luke's weapon.

"I see you have constructed a new lightsaber," says Vader, impressed. "Your skills are complete."

Of course, Luke had the advantage of being the son of a Jedi. My own father was just a Lutheran.

Ultimately, I figured, *What the hell?* I'll do it. At this point in my running life, what have I got to lose? Also, it could be fun.

And so that's what I did. One night, after the kids were asleep and the house was quiet, I sat down with a cold IPA, flexed my fingers like a concert pianist, and got to work.

(Incidentally: Midway through the second IPA, I noticed that you can easily mistype "pianist" as "painist." Which actually isn't a bad way to describe a runner preparing for a marathon. But I digress.)

Here's what I came up with:

- *The duration of the training shall be 16 weeks. Sixteen shall be the number of weeks, and the number of weeks shall be 16. Seventeen shalt thou not count, neither count thou 15, excepting that thou then proceed to 16.*

Why? Because every other marathon plan I've followed has been 16 weeks long. In a happy coincidence, my marathon at the time was 18 weeks away. So I would have two weeks to train for my training.

- *I will drink beer, and I will eat ice cream. But not on the same day. And not too much at once. (I alone shall determine what constitutes "too much.")*

I know myself well enough by now to know that I need this safeguard. Without it, ice cream and beer →

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Kara Goucher

Two-Time Olympian • Mom • National Running Champion



see it move: zerorunner.com



THE INTERSECTION

Where running and culture collide



MOMENTOUS

Finisher medals for Ironman 70.3 Syracuse mistakenly depict the skyline of Rochester, New York.



In his National University commencement speech, Meb Keflezighi draws parallels between running and life. "Injuries heal and challenging circumstances can be overcome."

Pippa Middleton runs the Safaricom Marathon one week after completing a 54-mile charity bike ride.



Usain Bolt (with POTUS, above) is No. 94 in *Rolling Stone's* ranking of the 100 best Instagram accounts.

Marathoner, triathlete—oh, and chef—Gordon Ramsay lands the No. 21 spot on the *Forbes* list of highest-paid celebs. He earned \$60 million in 2014.

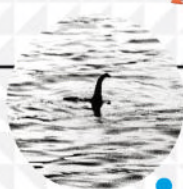


Katrina Bowden and Tiki Barber run the Brooklyn Half Marathon.

STOP!



Japan announces a toilet-design contest aimed to help foreign visitors better enjoy their time at the 2020 Olympics. Judging criteria: cleanliness, comfort, creativity, safety (!), and sustainability.



Organizers of the Loch Ness Marathon in Scotland are offering £50,000 to any runner who snaps a selfie with Nessie in the background.



The Onion provides marathon-training tips, including: "Quit your job." "Try to run at least once before race day." "Cramps are a signal you are about to die."



The not-so-lovable teddy bear hurls apples at runners in *Ted 2*. Ted screams, "That's what you get for f----- exercising!"

Teddy Roosevelt, the mascot who participates in the Presidents Race at Washington Nationals games, makes the cover of *Washingtonian* mag and has nearly 15,000 followers on Twitter.



Amy Schumer stops midrun to photobomb a couple getting engagement photos taken in NYC's Central Park.



600-plus Boston runners show up for Kevin Hart's second impromptu 5K. The actor (above, center) tweeted: "Don't come if you don't plan on running. I'm serious about my run."



GO!

➔ could constitute a third of my total daily calories. That is not good.

• *No speedwork.*

At this stage in my life, cultivating speed in marathon training doesn't make sense. Train to run short distances fast and you'll run short distances fast—say, the first few miles of a marathon. Again, not good. So, no 400-meter repeats. No ladder workouts. Quality days will be tempo and fartlek runs. Strength-training will be hills and trails.

• *I will not step on a damn track.* See above.

• *I will measure my long runs by time, not distance.*

I want to run my marathon in about three hours. So my longest long runs will be about three hours.

• *You know what? I'll do all of my runs based on time.*

Crazy, am I? We'll see who's crazy! Hahahaha!

• *My weight will take care of itself.*

I am 45 and weigh 168 pounds. When I ran my 26.2 PR at age 29, I weighed 155. Trying to get my weight down to 155 would be as dumb as trying to get my age down to 29.

• *I will do one set of pushups, to failure, after every run. Just because pushups make me feel like I'm getting stronger.*

There's a lot to be said for doing things that make you feel stronger, even if the real impact is negligible.

• *I will end each long run with two to three miles at marathon goal pace or faster.*

This just seems smart.

• *I will cut back miles as needed.*

Rather than reducing mileage at predetermined intervals, I'll do so when my body tells me to. Implicit in this is the hope that I'm wise enough by now to distinguish between "tiredness" and true fatigue.

• *I will use the Force.*

I will feel it flowing through me.

Will it work? I'll know soon. My race, the Portland Marathon, is October 4. I'll file a report shortly after.

Meantime: Late in the process of building my new lightsaber—er, training plan—I recalled something. Budd Coates? The guru who helped me with so many previous plans?

He likes to call himself Yoda.

Kid you I do not.

Mark Remy is a *Runner's World* writer at large. For more, go to runnersworld.com/remys-world.

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**STREET
STYLE**

TINA WEISSAUER

38, ULTRARUNNER, MOM,
CO-OWNER OF ECO HEADS SALON,
VENICE, CALIFORNIA

Lots of runners take midrun water breaks. Weissauer does, too—but hers involve the Pacific. Twice a week, Weissauer runs six to eight miles on Venice Beach, and on warm days she'll jump in the ocean for a swim. The triathlete turned ultrarunner says running in the sand strengthens her feet and ankles, which helps her on the trails, where she does most of her racing. She hits the beach after taking her 9- and 6-year-old kids to school and before she starts work at her eco-friendly salon (nontoxic hair color, organic products). "I love having a salon in Venice," says Weissauer, who plans to run a 50K in August. "I used to work in Beverly Hills, and that was not me. I'm casual—jeans, tank tops, cute sneakers. I'm like Sporty Spice the hairdresser."

—KATIE NEITZ

"I feel naked without my hat. It's good sun protection. If my hair gets too much sun, it turns brassy. As a colorist, I need pretty hair."

"I realized how good swim tops—like this Speedo—are for running when I did triathlons. This is supportive and it dries fast, which is important because I sometimes run again later in the day."

"I time my runs with this Casio Pathfinder and wear it at the salon, too. When you color hair, you're on the clock—you need to be aware of the time."

"These are my favorite shorts. Lululemon can be expensive, but their stuff lasts forever. I like colorful tops, but black bottoms are good because I run on trails a lot and black covers dirt. If I'm going to swim midrun, I'll wear swim bottoms underneath."

"I wear Mizunos on trails. But I'm barefoot on the beach. There is nothing pretty about my feet. If I have all 10 toenails, I haven't been running enough."

TINA'S TOP PICKS



"The cut on this Speedo is flattering. I love running and swimming in it, but it's so comfortable that sometimes I wear it as a regular bra under a T-shirt."



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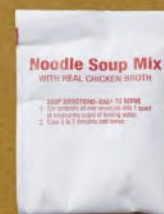
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Stretching after a workout goes without saying, but be sure to stretch your hamstrings, quads, glutes, hips, calves, and IT bands before beginning your workout, spending 30 to 60 seconds on each muscle group.

Dynamic Warm-up

A dynamic warm-up will get you ready to hit the road—loosening up muscles, improving range of motion, and increasing your circulation. Some go-to moves are hip circles, walking lunges, butt kicks, and leg swings.

Active Recovery

All runners know the importance of a rest day, but it's equally important to have active recovery days as well. Active recovery will get the blood moving and help reduce residual muscle fatigue. Try a restorative routine like cycling or walking at a low intensity for less than 60 minutes to help prevent injury.

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MASTER A PLAN

How to schedule key training elements to become healthier, stronger, and faster

By A.C. Shilton

BETWEEN WORK, FAMILY, AND SOCIAL OBLIGATIONS, life can feel like a game of scheduling Tetris: so many moving pieces and a limited amount of time to fit them in. If you plan to run whenever you have a free moment, you may rarely get out at all—and when you do, you won't be reaping the benefits of a more thought-out approach.

"A training plan gives you direction and structure," says Mackenzie Madison, M.S., a professional triathlete and coach based in Oregon. "It brings variety, too, so you're not doing the same thing every day."

Variation has physical benefits as well. Research shows that picking up the pace for short bits of time provides extra cardiovascular benefits and can aid in weight loss. Adding in weight training can help prevent injuries and improve bone density. Having a plan can keep you from overdoing it, since rest and hard efforts are matched in perfect equilibrium. And it can give you confidence you can bring to your next race.

Coaches and commercially available training plans are good ways to add structure to your routine, but a DIY approach is doable, too. If you follow a few basic guidelines, you should be able to plan your own training or adjust a preexisting plan to fit your lifestyle.

PLOT THREE DAYS

"Three quality days per week is how much a person needs to run to improve," says Cliff Latham, M.S., a coach based in College Station, Texas. "If you're doing a long run one day, a tempo run another day, and intervals on a third day, you're going to see improvement." And improvement

doesn't just mean faster race times: These workouts ramp up calorie-burning, boost overall health, and make you a more confident runner.

Long runs build endurance and mental toughness, and you don't have to go super long to benefit. Latham says that athletes who aren't training to race a half marathon or longer can top out at eight miles. Build your

Do the bulk of your running—including most long runs—at a comfortable pace.



Build upper-body strength—and find relief from summer heat—in the pool.

distance slowly, adding no more than a mile a week, and keep the pace easy. Many runners plan long runs for the weekend, when most of us have more time to cover the distance.

Rushed weekdays are great for interval runs, which are time-efficient and effective: A 2012 review of studies found that interval training reduced the risk of issues like high blood pressure and insulin sensitivity, while a 2015 study found that subjects who included bursts of speed kept burning calories at a higher-than-normal rate postworkout. Intervals can last from 30 seconds to a full mile, with periods of walking or jogging separating the “on” periods. The effort should feel hard but not all-out—near 5K pace.

Tempo runs—sustained efforts at a comfortably hard pace—blend the endurance-boosting properties of long runs with the speed-developing proper-

ties of intervals. Tempo runs help you train your body and brain to turn up the pace and keep it there.

On the other four days of the week, if you choose to run, go at an easy pace.

BUILD IN BREAKS

It’s almost impossible to give a blanket recommendation for how much rest you’ll need. “It depends on age and experience and whether you’re injury-prone or not,” says Jennifer Harrison, an Illinois-based coach. “A good rule is don’t run two hard days back-to-back.” (And long-run days count as hard days, even though the pace is easy.)

Also, know that a rest day doesn’t mean you have to be totally slothful. Harrison, who coaches triathletes, says some of her athletes swim on rest days. These athletes might be on to something: Triathletes in a 2010 study who swam after

a hard interval run were able to run harder than those who rested in a “time to fatigue” test the next day. If swimming isn’t your thing, Latham says he has athletes practice active recovery—yoga, walking, or going for an easy bike ride. But be sure to take at least one day a week—two if you’re just starting out, injury-prone, or susceptible to mental burnout—completely off from exercise.

ADD TIME TO EASE IN (AND OUT)

It can be tempting to jump right into your workout, but Madison says that’s a bad idea. Your body needs at least 15 minutes to increase bloodflow to major muscle groups. And a 2012 study found that athletes who performed a dynamic warmup had more hamstring flexibility and quad strength than those who did no warmup. Increased flexibility helps protect against

injuries, especially when running intervals or at tempo pace. Consider starting workouts—especially hard ones—with jogging and plyometrics to activate key running muscles.

Madison says that early morning runners in particular need warmup time, since we’re mostly stationary as we sleep. But Boston-based coach Joe McConkey, M.S., says evening runners aren’t off the hook: “You’ve been sitting all day, so you may need to allow for a longer warmup—particularly before high-intensity work.” He has his athletes do 10 to 15 minutes of jogging plus a few drills and dynamic stretches (like skips and high-knees) before beginning the fast portion of a workout.

Don’t forget to do a cooldown, too. “When we are working hard, all systems are firing,” Madison says, “but when we suddenly stop, all of these systems slam on the brakes without letting our bodies return to normal.” Jog for a few minutes after a hard workout, then downshift to a walk. Build in at least 10 minutes after interval or tempo runs, though Madison says you can use the final mile or two of a long or easy run to start the cooldown process.

SET ASIDE STRENGTH TIME

Madison has her athletes complete two hour-long strength-training sessions a week, plus three sessions →

WHEN LIFE STRIKES
Sometimes you just can’t get out for your run. Here’s what to do if...

...YOU HAVE TO MISS ONE WORKOUT

If it’s a once-in-a-while thing, let it go, says coach Harrison. If you’re consistently missing one key workout a week, however, you need to either reevaluate your schedule or reevaluate your goals.

...YOU HAVE TO MISS TWO WORKOUTS

Reschedule the workout that best aligns with your goal and skip the other. For example, if you’re prepping for a marathon, prioritize your long run. If you’re trying to lose weight, keep the intervals.

...YOU WERE UP ALL NIGHT WITH A SICK KID

“If it’s a single, flukey night of no sleep, you can probably rally and complete your morning workout,” says Harrison. “If it’s several nights of no sleep, skip it and sleep in.”

...YOU JUST CAN’T FIND TIME, REGULARLY

Harrison says that when her twins were babies, she often split workouts in half, doing two 20-minute sessions instead of a 40-minute run. Do what you can in the time you have.

→ of core training. (If that sounds like a lot, know that it can mean simply doing a few planks, leg lifts, and oblique crunches after a run.) She recommends dedicating one weight-training day to building power with drills and plyometrics like walking lunges and box jumps, while the other should be used to work on total-body strength and stability.

Prioritize the core work. If you can only fit in one strength session a week, focus on power one week and strength and stability the next. Latham says that if you're truly time-starved, try lifting heavy weights for fewer reps. Doing as few as three or four reps with the max weight you can manage builds strength quickly.

When you do your strength-training is a matter

of personal preference. If you do it after a tough workout, you can take the next day completely off. "But mentally, that can be hard," Latham says. If the choice is doing it on your easy day or not doing it at all, do it on your easy day.

TAKE TIME TO RECOVER

To feel the best on all your runs, do things in between to help your body rebuild. "Make sure you're eating a protein-rich snack after you run," says Madison, especially after hard workouts or runs lasting longer than an hour. You should also try to get enough sleep—however much you need to wake feeling rested—as well as quality time with your foam roller. "Foam rolling is a method of working out the scar tissue that we all have in our muscles," Madison says. Focus mainly on your

lower body—the quads, hamstrings, calves, glutes, and IT bands are especially important to target.

Harrison recommends rolling for 15 to 20 minutes a day. At minimum, try to get five minutes in every day, and save longer sessions for after tough workouts. The easiest way to get your daily dose? Keep your foam roller near your TV. When you plop down to log some tube time, you'll see it and remember to use it.

TRAIN TO RACE

If you're targeting a race, try to start most long runs at the time of day your race will begin. Harrison says racers should do one or two dress rehearsal long runs in the weeks leading up to the taper to test out what they'll eat the day before and morning of the race, how they'll fuel midrun, and even what they'll wear.

Even your pace during rehearsal runs—for at least a few miles—should mimic race day, says Madison. Prerun oatmeal might work for you on easy days, but if your stomach revolts when you speed up, you'll be glad to learn that in advance.

When to start your taper is a personal choice, says McConkey. Some half and full marathoners taper for a few weeks, while 5K and 10K runners need less taper time. And remember, taper doesn't mean slow: "It should be shorter volume, more rest, but with the intensity still up," says McConkey. Do fewer, shorter reps at your usual pace during speed sessions. Harrison has her athletes do only four repeats "so they can keep that snap but not exhaust their legs," she says. "The key is to keep muscle memory and snap alive." **EW**

"A plan can keep you from overdoing it, since rest and hard efforts are in equilibrium."



If you're itching to get outside on a rest day, take a walk—it won't compromise your recovery.

WHEN TO WING IT

While having a plan is important, it shouldn't own you. Bend the rules for these scenarios.

YOUR FRIENDS MEET FOR A LONG RUN ON A DIFFERENT DAY THAN YOU'D PLANNED.

"I don't have a problem with my athletes doing a group run, so long as they stick to the structure," says coach Harrison. Go, but if someone in the group opts to treat long-run day like tempo day, don't get sucked into the faster pace.

THERE'S A FUN 5K YOU WANT TO JUMP INTO AT THE LAST MINUTE.

"Do fun things when you can; just know that it might jeopardize the next day of training," says coach Madison. Also, if you're just a few weeks away from a goal race, skip the extra starting line.

YOU MISSED A HARD WORKOUT, SO YOU DO IT THE DAY BEFORE YOUR LONG RUN.

"I like this method because your legs are already tired," says coach Latham; learning how to run on tired legs can help you late in tough workouts or races. Don't do this regularly—your long runs should usually be between easy or rest days—but it's okay once in a while.

YOU'RE EXHAUSTED OR JUST NOT FEELING IT.

Building a schedule takes a fair amount of trial and error; you have to figure out how much rest and recovery you need. Listen to your body—not your Google Calendar alert.

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THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

BY JEFF GALLOWAY



THE RUNNING DEAD

Feeling like a zombie? A run can help...sometimes.



As lovely as it is to experience a run you wish would never end, sometimes you have the kind of day where even lacing up seems a Herculean task. While everyone has inexplicable off days, there may be a good reason for your lethargy. Here's when you should run and when you should rest, depending on why you're feeling fatigued.

YOU DIDN'T SLEEP WELL

RUN Sleep-deprived runners often tell me how much better they feel after a short run. Give it a try, taking more frequent walk breaks than usual. Even if you're a person who is chronically sleep-deprived—like a new parent or a night-shift worker—you'll likely find that exercise improves your mood and helps lift the fog.

YOU'RE GETTING SICK

MAYBE RUN An often-repeated rule is: If your symptoms are above the neck—sinus congestion, sneezing—it's okay to run easy, especially if it makes you feel better; if they're below—chest congestion, body aches—you're better off resting. Check with your doctor to be sure, and always err on the side of caution.

YOU'RE SWAMPED

RUN Exercise can reduce stress, which may help you handle a busy day. However, challenging runs that involve time goals are both physically and mentally stressful. Plan on a short, gentle run to prepare your body and mind for a packed day or to decompress after such a day.

YOU'RE SORE FROM ANOTHER WORKOUT

MAYBE RUN A gentle run or two can help mild to moderate muscle soreness fade more quickly than if you were to rest. However, if you have inflammation, pain that does not lessen even with liberal walk breaks, or discomfort severe enough to alter your gait, rest and consider seeing a doctor. **W**

You Asked Me Jeff answers your questions.

How can I extend the amount of time I'm able to run without feeling tired?

Shorten the run segments and increase the frequency of walk breaks. For example, a runner who gets very tired when running two minutes and walking one minute should try 30 seconds running and 30 seconds walking.

What should I do if I start to feel wiped out when I'm still a mile or two away from home?

Insert a longer walk break—or just walk the remaining distance. Usually after a three- to five-minute walk, one can resume running, with shorter run periods and longer walk periods.

Fact or Fiction Running can help you sleep better.

FACT The right training volume and intensity can help you fall asleep more quickly, sleep more soundly, and wake up feeling rested and refreshed. If you're running a lot and having trouble falling or staying asleep, that could indicate that you're overdoing it, or that you're simply running too close to bedtime.



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THE FAST LANE

TRAINING ADVICE FOR PEAK PERFORMANCE

BY ALEX HUTCHINSON



Nail a race goal by gradually increasing time spent at your target pace.

BRIDGE THE GAP

Progress to a PR with reps at current and goal paces.



In November 1968, Steve Prefontaine was a high school senior with a two-mile best of 9:01, set the previous spring. His audacious goal for his senior year: 8:40, well under the national high school record of 8:48. To get him there, his coach, Walt McClure, devised a training plan based on the principles he'd learned while running for University of Oregon coach Bill Bowerman. The plan involved workouts that mixed running at goal pace (4:20 per mile for Prefontaine) and running at what Bowerman called "date pace"—the pace Prefontaine could sustain in a hypothetical race held right then.

Training at these two paces is an effective way of plotting your progress toward an ambitious goal, making it instantly clear where you currently stand, how quickly you need to improve to peak at the right time, and whether you're on track to succeed. Prefontaine's date pace in November was 4:54, but under McClure's training it steadily quickened over the subsequent months. By spring, date pace and goal pace had merged, and Prefontaine ran a record-setting 8:41.5. Here's how to apply the same principles to your next big goal.

SET YOUR GOAL PACE

It's important to keep ambitious goals within realistic reach. Don't aim to run more than about five percent faster than your PR for that distance. If you're an experienced runner who has raced the distance multiple times after good training, aim for two to three percent improvement at most.

SET YOUR DATE PACE

Your date pace needs to reflect your *current* fitness, so don't use your PR to determine it. Instead, run a race. For goal races 10K and shorter, schedule a 5K or 10K race or time trial every four weeks to update your date pace. Don't taper or take the races too seriously; just run hard and use

the results to guide your training. If you're targeting a half or full marathon, use an online calculator (like the one at runnersworld.com/predictor) to convert from shorter races. For example, to prepare for a marathon, stick to half marathons every eight weeks, with a 5K or 10K in between.

PLAN THE PROGRESSION

The two key variables are how much you need to improve and how long you have to do it. If you're in shape to run a 44:00 10K (7:05/mile) and you want to run 40:00 (6:26/mile) in four months, your pace needs to quicken by just under 40 seconds per mile, which means speeding up by five seconds per mile every two weeks. If your date pace drifts more than four weeks behind (or ahead of) schedule, adjust your race goal.

RUN THE WORKOUTS

Do goal- and date-pace repetitions once a week. Start with short reps at goal pace (GP), but do the bulk of the workout at date pace (DP). For example, 12 weeks before a marathon do 4 x 400 at GP with 1:00 rest, 4 x 1600 at DP with 2:00 rest, then 4 x 200 at GP with 1:00 rest. Then slowly boost the proportion of goal-pace running: Four weeks out, try four to six sets of 1,000 at DP, 30 seconds rest, 600 at GP with 2:00 rest. By then, if there's less than a two percent gap between goal and date pace, you're on track. **RM**



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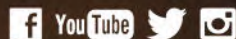


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Easy rides help running muscles recover but don't raise your heart rate as much as easy runs do.



Is a short ride as good as a short run?

It can be, on recovery days, especially if your legs are trashed from a hard run—cycling emphasizes different muscles. Don't take it too easy, though: Try to maintain a cadence of 90 revolutions per minute. Also, don't make this swap more than once or twice a week—running-specific muscle adaptations are harder to develop if your running mileage drops too low.

—Christopher Baker is a New York City-based runner, triathlete, and coach (beyonddefeat.com).

How much slower should I expect to run on hot days?

You'll run your best at around 50 degrees, so expect to go about five seconds slower per mile at 60 degrees, 10 seconds slower at 70, 20 seconds slower at 80, and 30 to 40 seconds slower at 90. If the humidity is above 40 percent, or if you're doing a long run, the slowdown may be even greater. Proper hydration will reduce the negative effects of overheating and dehydration, but there's no avoiding a slower pace when you work out in heat—so run at the coolest time of day whenever possible.

—Keisha Ragoobir coaches Dallas Running Club and other Dallas-area runners (move4wordcs.com).

Will running hills make me faster in flat races?

For sure: Hill training improves both cardio fitness and lower-body strength, which translates to faster times regardless of terrain. Take on hills at least once a week. The most effective hill training is repeats: Jog 10 minutes; run two to eight repeats of a climb that takes you two to five minutes at a comfortably hard pace; jog down between them; and finish with a 10-minute cooldown jog. Besides building physical muscle, you'll build mental muscle to help you fight fatigue on race day.

—Sharon Colburn coaches Denver-area MDA Team Momentum and individual runners (beyondthewallcoaching.com).

The Explainer Why do some runners sweat more than others?

Whether you sweat droplets or buckets is determined by how many sweat glands you have, how many are activated when you run, how much sweat your glands produce, and how rapidly you begin sweating. All of this, in turn, is determined by your gender, genetics, anatomy, physiology, fitness level, and above all, body temperature—the warmer you get, the sweati-er you get, because perspiration is your natural cooling system. That's why you sweat more if it's hot and humid, when you have a fever, after you eat spicy foods, or yes, if you're running. And the harder you run, the higher your temperature rises and the more you perspire. But don't fret about sweat unless it's excessive or disproportionate in some parts of your body. That may be a side effect of medication or a sign of a secondary medical condition.

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CARB PARTY

Creative meals—beyond pasta!—to fuel you up for a long run or race

By Jessica Migala

It's the day before a long run or race. What's for dinner? Chances are you're thinking pasta—a high-carb staple for runners. "Eating ample carbs stocks your muscles with glycogen," says New York City sports dietitian Lauren Antonucci, R.D.N., C.S.S.D., "so you get the max available energy for your run."

But pasta isn't the only food that provides that energy. From root veggies to rice to other grains, plenty of foods fit the bill. The key is to make sure your prerun choice is also low in fat and fiber, which will keep your gut happy, says Antonucci. These tasty options do the trick.

PIZZA + CHICKEN

Here's the time when you want a thicker, chewier dough rather than thin and crispy. If you're making it at home, pick up premade white dough (skip multi-grain today) from the grocery store. Spread with tomato sauce and a sprinkle of cheese. Top with a little cooked chicken and a few veggie slices. Final tip: Skip the side salad, says Monique Ryan, M.S., R.D.N., author of *Sports Nutrition for Endurance Athletes, 3rd Edition*. You don't want to go fiber-crazy today.

RICE BOWL + VEGGIES + FISH OR TOFU

Start with a hefty portion of rice, says Ryan (she suggests using up to two to three cups as the base of your meal). Normally, she'd recommend whole-grain varieties for more fiber and nutrients, but you want quick-digesting white rice when prepping for a big run. Top with a small amount of veggies and a few lean strips of low-fat protein, such as fish or tofu. Drizzle tamari (a type of soy sauce) on top to supply your body with sodium, a necessary electrolyte.

Pizza + chicken

Potato + cottage cheese + salsa

Rice bowl + veggies + fish or tofu

If you're gearing up for a big race, start eating a high-carb diet two or three days out so you have time to fully load your muscles.

Stack of pancakes + syrup + eggs



STACK OF PANCAKES + SYRUP + EGGS

Breakfast for dinner? You bet—if you're traveling for a race, it's totally acceptable to stop at a pancake house or diner. A stack is a great source of carbs (one 6-inch pancake offers 22 grams), and you can pair it with one or two eggs for protein. Opt for non-whole-grain pancakes to keep fiber low, and stick to one pat of butter, max, to keep fat in check. Top with strawberries and maple syrup for added carbs, says Antonucci.

Quinoa +
Veggie Salad



POTATO + COTTAGE CHEESE + SALSA

Bake your favorite potato—russet or sweet—as the base. (The bigger the spud, the better.) Both types offer a similar amount of

carbs and potassium. Add low-fat toppings like cottage cheese for protein, salsa for taste, and some easy-to-digest veggies, such as spinach. While beans may be a good source of carbs and a popular tater topper, skip them unless you know your stomach can handle it pre-race. (Most people's can't, warns Ryan.)

QUINOA + VEGGIE SALAD

"Quinoa is great to carb-load with because it has protein," says Ryan, "but it's easy on the stomach." It's also a good source of iron, needed to ferry oxygen to muscles. A study in the *Journal of Nutrition* shows that when women with low iron increase their intake, they experience a boost in exercise perfor-

mance. Toss two cups cooked quinoa with chicken or tofu and some cooked veggies (tomatoes, green beans), which are easier to digest than raw. Lightly drizzle with dressing to add flavor while limiting fat.

BEEF AND BARLEY SOUP + TURKEY HERO

Soup is easy to digest and contains a good amount of sodium. "Barley is a whole grain that's not super high in fiber," says Antonucci. As for a sandwich, aim for the opposite of what you'd normally eat. Rather than one thick with meat and thin on bread, go for the big hero-style rolls with just three ounces of turkey (it will look tiny), a smear of hummus, and a slice of avocado and tomato, she says.

Snack on This

MEDIUM BANANA Packs 27 grams of carbs and a bonus 12 percent of your daily potassium.

BIG BAGEL Smear with jam and honey (high in antioxidants!) for even more quick carbs, says Ryan.

ENERGY BAR Larger grain-based bars, like Clif, can pack around 45 grams of carbs—and you can eat them on the go.

KID SNACKS Graham crackers, cheese crackers, pretzels: "They may be low in nutritional value, but these are packed with easy-to-digest carbs," says Antonucci. "Plus, if you have kids, you probably already carry a bunch of these with you."

TROPICAL FRUITS These tend to be higher in natural sugars, thus packing more carbs per portion, says Ryan. She likes mango and papaya—both are excellent sources of vitamin A.



Beef and barley
soup + turkey hero



FRIDGE WISDOM

NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

BY LIZ APPEGATE, PH.D.



A morning meal can help build muscle, control your weight, and reduce your risk for chronic diseases.

Lasting fuel for lunch runs

Prerun morning carbs

UP AND EAT 'EM

Five key reasons runners need a good breakfast

MAINTAIN MUSCLE

After a night of sleep, your body is in breakdown mode, especially when it comes to muscle proteins. It's key to refresh your muscle cells with amino acids—the building blocks of protein. Aim for 20 to 25 grams of high-quality protein along with a dose of 50 to 100 grams of carbs to replenish the fuel your muscles need (see “Best Breakfast Bets,” below).

weight and have less body fat than those who skip a morning meal. Research also shows that establishing a routine of eating breakfast can help you make wiser choices and curb calorie intake later in the day. The National Weight Control Registry, which has tracked successful “losers” for more than 20 years, notes that about 80 percent of folks who have lost weight and kept it off for years routinely eat breakfast.

CONTROL WEIGHT

Many studies have shown that folks who eat breakfast maintain a healthier body

POWER YOUR BRAIN

Circulating carbohydrates (blood sugar) are →

Post-a.m.-run protein

BEST BREAKFAST BETS

What you eat depends on when you're running.

RUNNING IN THE MORNING? EAT THIS.

PRERUN Toast with banana and honey

WHY Infusing your brain and muscles with some much needed carbohydrates (ideally about a half a gram per pound

of body weight) will power up your workout.

POSTRUN Two-egg veggie scramble with feta cheese, a side of sweet potato, and a berry-kefir smoothie.

WHY Your muscles need both carbs and a hefty

dose of protein. Centering your meal around eggs or dairy will supply amino acids to support protein building.

RUNNING AT LUNCH? EAT THIS.

STICK-WITH-YOU BREAKFAST Two slices whole-grain

French toast topped with vanilla Greek yogurt, strawberries, and walnuts.

WHY Eating a morning meal that can hold you until a noontime run will keep you on track at your desk—and with your training.

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YOU CAN TOO

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→ critical fuel for your brain. Studies have shown that for both kids and adults, operating on no breakfast shortchanges thinking power and can affect math skills, reading comprehension, and memory. Studies with children also show that breakfast eaters tend to behave better at school and have more conducive social skills. (Any adult who has had to deal with a “hangry” coworker can probably attest that the same is true for grown-ups!)

IMPROVE YOUR DIET

Breakfast eaters tend to have a better overall diet than breakfast skippers, and a greater intake of an array of essential nutrients, like protein, fiber, calcium, potassium, and iron. Even opting for a basic bowl of cold cereal

(topped with milk of one sort or another) and fruit results in improved intakes of calcium, vitamin D, protein, and other vitamins and minerals.

REDUCE DISEASE RISK

People who eat breakfast tend to have lower cholesterol levels, which translates to a reduced risk for heart disease. For example, those who choose cereal (particularly oatmeal and other oat-based options) take in more soluble fiber, which may lower harmful LDL levels. Even morning egg eaters have been shown to have cholesterol levels that are just as healthy as those of folks who skip eggs (or breakfast altogether). And eating a meal first thing in the a.m. also helps regulate your blood sugar levels, which may help explain why some evidence shows that breakfast eaters have a lower risk of type 2 diabetes. ²⁰

BREAKFAST FOOD FACE-OFF



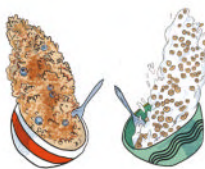
FRIED EGG versus SCRAMBLED EGG

Both provide the same six grams of protein. It's what goes in the pan to cook the eggs that matters. A nonstick spray works great and keeps calories in check.



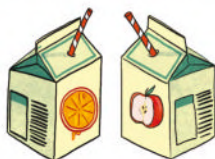
PANCAKE versus WAFFLE

Opt for the pancake. It has slightly more protein than an equal size waffle. Making your own? Toss in a half scoop of whey protein powder for recovery flapjacks.



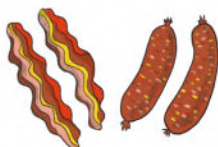
STEEL-CUT OATMEAL versus CHEERIOS

The cooked oats supply more fiber than the cereal and more than double the protein (seven versus three grams per serving). Top with yogurt, berries, and nuts for a complete meal.



ORANGE JUICE versus APPLE JUICE

OJ has a leg up. It has more vitamin C, and fortified brands can provide vitamin D and calcium. A whole orange or apple is better than either juice, with fewer calories and more fiber.



BACON versus SAUSAGE LINKS

Bacon wins out with 86 calories and six grams of protein in two slices. Two small sausage links have more protein but pack more than twice the saturated fat, which can raise LDL levels.



WHOLE WHEAT TOAST versus RYE TOAST

Whole wheat typically has more fiber and four grams of protein per slice, versus three grams for rye. But the key is to read labels, since brands can vary.

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THE RUNNER'S PANTRY

CHILI POWER

Nate Appleman, culinary manager of Chipotle Grill, shares ways to use his favorite peppers.

NATE APPLEMAN fell in love with chilies long before he joined Chipotle Grill in 2010. “The first time I had something spicy, I thought my head was going to explode,” says the marathoner who grew up with bland food in 1980s Ohio. “I went back for more.” Capsaicin, which gives peppers their spice, boosts calorie burning and blunts appetite (Appleman lost 85 pounds after he started running in 2007). Here are his favorites. —YISHANE LEE

ANAHEIM (1)
500–2,500 SHU (SEE CAPTION)
“I love its texture. I add slices on top of homemade pizza.”

POBLANO (2)
1,000–2,000 SHU
“Grill a couple, then slice and add garlic, salt, and lime juice. It’s great for tacos.”

JALAPEÑO (3)
2,500–8,000 SHU
“Char under the broiler. Remove the skin and puree with honey, salt, and vinegar. Drizzle on fish.”

CHIPOTLE (4)
5,000–10,000 SHU
“I add a few to beef chili for smokiness.”

SERRANO (5)
10,000–23,000 SHU
“Serranos are my go-to choice when making guacamole.”

DE ARBOL (6)
15,000–30,000 SHU
“These make great salsa. Boil, then blend with tomatillos and salt, and you have magic.”

DRIED RED CHILI PEPPER FLAKES (7)
30,000–35,000 SHU
“Garlic, olive oil, and chili flakes are great on pasta. Add whatever else you have, like anchovies.”

THAI BIRD (8)
50,000–100,000 SHU
“I grind these with rice-wine vinegar and add to fried rice.”

HABANERO (9)
150,000–325,000 SHU
“Slice habaneros and cover with fresh orange, lemon, and lime juice; add to ceviche and the flavors will pop.”

Scoville heat units (SHU) measure chili heat, which varies with pepper type and growing conditions.



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RECOVERY *Special*

COOL DOWNTIME

Prioritizing your recovery will help you get the most from your training.

By Cindy Kuzma

REGARDLESS of what you hope to gain from your running—speed, endurance, better health—the training you do makes up only half the equation. The time you spend *not* running serves a crucial role in your progress toward any goal. “We can train all we want, but if we don’t pay respect to recovery, it won’t matter,” says Robyn LaLonde, Nike+ Run Club coach and owner of Edge Athlete Lounge, a recovery studio in Chicago. “It’s during the period *after* a run that your body adapts. Without adequate recovery, your body will break down.” LaLonde is referring to the process by which your body rebuilds itself to return to its starting state—or even stronger. And there are an increasing array of tools and techniques that enhance downtime so runners can train harder and longer, without getting hurt. We’ve rounded up some of the most promising methods on the next few pages. To optimize your recovery, keep a training log with notes about how much you’re sleeping, how much you’re resting, what you’re eating—and how you feel—so you know what works best to restore your body and mind. ➔

Worth It?

Some runners swear by **ICE BATHS** following hard workouts to reduce muscle soreness and inflammation. Should you? Lance Dalleck, Ph.D., assistant professor of exercise and sports science at Western State Colorado University in Gunnison, says that if used too early in training or too often, tools that reduce inflammation (ice, ibuprofen) might interfere with the process by which your body adapts and grows stronger. To strike the right balance, prioritize simple, no-brainer recovery techniques, such as sleep and good nutrition, every day. And reserve more aggressive anti-inflammatory methods for your taper and after your race.

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REPAIR KIT

In the field of recovery science, evidence supports the use of both cutting-edge gadgets and old-fashioned chestnuts. Choose from this menu of options to develop your own personalized R&R recipe. Consider not only what you have access to but also what fits into your lifestyle and sounds fun—for instance, yoga won't calm your muscles or your mind if you feel anxious about getting on the mat. Some options are free and easy, while others set you back a bit; but thanks to facilities like Edge Athlete Lounge in Chicago, more runners have access to advanced therapies (see runners.world.com/recovery centers for locations of walk-in recovery studios, where many of these treatments are available).

Track It!

Check your heart rate immediately after you stop moving, and then two minutes later. Subtract the second number from the first and write it down. You want this number to stay stable or increase over time. If it decreases, it's a sign you are overtraining—and under-recovering.

THE TOOL

HOW IT WORKS

WHEN TO USE IT

WHO DOES IT

Compression clothing

Proponents say it helps push bloodflow and extra fluids from your feet and legs back to the heart, flushing out fatigue- and soreness-causing metabolic waste products.

Wear while running or right afterward for up to 48 hours. Also try it the night before a race or during travel to boost circulation and avoid swelling.



Elite marathoner Shalane Flanagan first pulled on a pair of compression calf sleeves in 2005 after an Achilles injury. Now, she says she wears Nike calf sleeves (from \$25 at store.nike.com) during hard workouts and while racing because “they help me feel supported and like I’m preventing injury.”

Massage

May decrease tension, release adhesions between tissues, increase range of motion, realign muscle fibers, and prevent and treat minor soft-tissue injuries—plus, it just feels good.

As needed—some runners find that regular massages or other manual therapies keep them feeling recovered, while others are treated when they feel an ache or other early warning sign of injury.



Elite marathoner Kara Goucher has had the same therapist (Allan Kupczak) for 15 years; at some points in her training, she might have two two-hour sessions each week.

Cold therapy

Ice baths, ice packs, or cryotherapy chambers may reduce pain and swelling by constricting blood vessels and mitigating inflammatory processes in the muscles.

Soak for 10 to 20 minutes, within 30 minutes of a hard workout. Or, try a contrast bath that alternates cold and warm for 10 minutes each, ending on cold.



Olympic marathoner Dathan Ritzenhein soaks in ice baths to bounce back from the final workouts before a big race or if there's a short period of time between competitions—such as two cross-country races he tackled four days apart last winter.

Electric muscle stimulation

Activates muscles passively to decrease inflammation and increase bloodflow without stressing your tendons or joints.

Place on sore, fatigued, or weak muscles for 30 to 60 minutes once or twice per day, three or more days per week.



Canadian runner Natasha LaBeaud regularly logs 120 to 140 miles per week. She straps on the Marc Pro device (\$650 to purchase, but available at athlete recovery centers) during long plane rides—such as the 30-hour trek to China for the IAAF World Cross Country Championships in March—to get off the plane fresh and ready to race.

PHOTOGRAPHS BY VICTOR SALLER/PHOTORUN (GOUCHER); ANDREW MCCLANAHAN/PHOTORUN (FLANAGAN, RITZENHEIN, LABEAUD)

OFF THE CLOCK



1 minute

How far and fast you ran plus your age will factor into your individual recovery rate, says Colorado Springs exercise scientist Carwyn Sharp, Ph.D. But this is generally what occurs after you finish a workout.

Your heart rate and body temperature drop and your breathing slows as you transition from exercise to recovery.



30 minutes

Your body begins pumping out proteins that repair muscular damage and form new mitochondria, tiny energy factories inside your muscles.



Foam roller self-massage

May increase bloodflow, relax tension in muscles, and release painful trigger points; most travel well, too.

Daily or even multiple times per day, following the instructions on the particular product.



Chelsea Reilly, 10K and 3K U.S. national champion, uses the stick-like Addaday Pro Massage Roller (\$45 at addaday.com) on her lower legs daily—its different-sized mini-rollers help her hit sensitive spots like her ankles, Achilles, and shins.



Downtime with friends, family

Making time for nonrunning activities you enjoy boosts psychological recovery. Social interaction lowers levels of the stress hormone cortisol—high readings can hamper recovery.

Join a running group so you can decompress together—or put a date on your calendar with nonrunning friends when you're really feeling the pressure of training.



Despite **Tyler McCandless's** packed schedule (he aims to earn his Ph.D. in meteorology before running the 2016 Olympic Trials Marathon in February), he makes time to go to baseball games with nonrunning pals. "I love my training group, but finding a group of friends who are not competitive is important to have a healthy and fun balance in your life."



Active recovery

Cross-training (cycling, swimming, strength-training) boosts bloodflow and prevents muscles and joints from stiffening up without the impact of running. (See "Restoration Project," page 60.)

Schedule an active-recovery day after a particularly long or intense run, or swap one in for an easy run on your training schedule if you're feeling sore, fatigued, or injured.



American road 5K record holder **Ben True** uses the ElliptiGo outdoor elliptical (from \$1,799 at elliptigo.com); his wife, Sarah, used it while injured last year and finished 2014 as the second-ranked ITU female triathlete in the world.



Stretching and yoga

Postrun stretching may reduce risk of hamstring and other injuries; yoga may reduce back pain, lower heart rate and blood pressure, and ease anxiety and depression.

Immediately postrun, spend a few minutes stretching dynamically. Schedule yoga or more extended sessions for recovery days.



2014 Boston Marathon champion **Meb Keflezighi** took a 10-week yoga class in college at UCLA and now incorporates yoga and Pilates moves into his stretching and strengthening routines, he notes in his book *Meb for Mortals*.



Sleep

During sleep, your body repairs minor damage to your tissues, releases muscle-building human growth hormone, and replenishes energy stores, among other vital tasks.

Most adults require between seven and nine hours (if you can go into a dark room at 3 p.m. and fall asleep instantly, you're not getting enough).



Elite runner **Alia Gray**—who placed 16th in the 2014 NYC Marathon—says she prioritizes sleep by viewing it as productive and essential to her training; she sometimes catches Zs during the workday with the head-enveloping Ostrich Pillow (\$99 at ostrichpillow.com). "I sneak into a quiet side room, slip it on, and go into my own dark little cave."

TAKE A BREAK

When doing too much leaves you sick, injured, or stalled in your progress, you may be overtraining, a syndrome that might more accurately be called under-recovery, says **Carwyn Sharp, Ph.D.** Step up your rest if you notice any of these red flags.

- Your legs feel heavy, all the time.
- You're excessively sore.
- Your race or workout times slow for no apparent reason.
- You feel on the brink of injury.
- Your sleep suffers.
- You dread running.

FOOD FIX

Carwyn Sharp, Ph.D., tells how to eat your way stronger.

EAT PROTEIN

Amino acids in protein provide the raw materials for new muscle.

ADD FATS

Healthy fats (nuts, salmon, avocado) repair damage to muscle cells.

HYDRATE

Water keeps nutrient-rich blood flowing through your body.

UPGRADE POST-RUN CARBS

Instead of replenishing with refined carbs, opt for a snack that combines protein with high-quality carbs (fruits and veggies).



A few hours

Immune and inflammatory compounds move to microtrauma sites in muscles. White blood cells fight injury. Lysosomal enzymes break down damaged tissue.



2 to 3 days

Your body has largely adapted to the stress of training, and you're ready to run hard again.



6 weeks

Your mitochondrial count can as much as double in this time frame, so your muscles grow stronger and sustain less damage each time you lace up.



THE BODY SHOP

RESTORATION PROJECT

This recovery routine helps your muscles bounce back from hard runs.

THIS ACTIVE recovery routine from Chicago-based running coach Robyn LaLonde increases circulation, loosens muscles, and flushes out soreness and fatigue—all in less than 15 minutes. Complete it on rest or easy-running days at least once a week and as many as three times per week. Start with a 90-second dynamic warmup of standing trunk twists and leg swings, next do these five moves straight through as one circuit, and then repeat all five moves again.

This routine is rest-day safe. But if you're feeling really burned out, take a whole day off from exercise.



ICE SKATERS

Stand with your legs about 3 feet apart, feet and toes pointed forward. Lower your body to a gentle squat, then bring your right foot diagonally behind your left leg and touch your toe down. Hold for one second, then fire up your glutes and push off your left foot in a jumping movement to the right. Bring the left foot diagonally behind the right, then repeat on that side. Continue to push left and right for 30 seconds—about 15 to 20 reps total.



BACKWARD LUNGES

Take a step back with your right foot. Lower your hips until your left thigh is parallel to the floor and your right knee is close to (but not touching) the floor. Pause for two seconds, then press your left heel into the floor and contract your quads and hamstrings to return to start. Repeat, alternating legs, for one minute (about 12 reps per leg).



WALKING SQUATS

Lower into a squat, with butt back, and head up, and knees not passing toes. Take five controlled steps to the right. Remain in squatted position and do five running-arm swings with each arm. Walk five steps to the left and repeat. Repeat one more time in each direction, for a total of two reps each way and about 45 seconds.



PLANK WITH SINGLE-ARM EXTENSIONS

Start in a bent-arm plank position. Extend one arm straight in front while holding the rest of your body steady and taking long, slow breaths (don't sweat it if you shake—totally normal). Hold for 10 seconds, then bring your arm back down and lift the other one. Repeat three times on each arm for a total of one minute.



MOUNTAIN CLIMBERS

Get into a pushup position. Bring your right knee up to your chest, inside your elbow, then return it back to the starting position. Do the same on the left, moving as quickly as possible; that's one rep. Repeat seven times. Then do the exercise again but bring your knee outside your elbow. Repeat another seven times for a total of about 1 minute.



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OBSTACLE RECOURSE

Outerwear that protects against foul weather and other hazards

By Bryan Boyle

1 / OUTDOOR RESEARCH DEVIATOR HOODY

Its strength is that tricky range between 30° and 55°F. The insulated, wind-blocking torso warms your core. Should temps rise, excellent breathability won't leave you drowning in sweat. **\$185** M 10.8 oz.; W 9.7 oz. (shown)

3 / SAUCONY EXO JACKET

We tested this waterproof jacket in the foul weather of the Boston Marathon in April. When the rain started thumping, the sealed seams and a scuba-shaped hood countered water and wind. **\$140** M 4.5 oz. (shown); W 4.2 oz.

5 / MARMOT FUSION JACKET

This shell blocks wind at the torso and sleeves, while breathable side panels keep you from overheating. Three pockets and an athletic cut combine to keep your gear secure and your form efficient. **\$135** M 9.9 oz.; W 8.8 oz. (shown)

2 / NEW BALANCE NB HEAT HYBRID JACKET

Perhaps inspired by New England's most recent winter, Boston-based New Balance unveils a jacket meant for freezing temps. The Hybrid fits like a meaningful hug, providing insulated warmth without weight. **\$180** (avail. Oct.) M 20 oz. (shown); W 16 oz.

4 / ULTIMATE DIRECTION ULTRA JACKET

Part of UD's first line of jackets, the waterproof, breathable Ultra was tested in both rain showers and shower stalls. Keeps you dry as dirt. Packs into its own internal pocket. **\$180** (avail. Sept.) M 5.9 oz.; W 5.3 oz. (shown)

6 / ADIDAS SUPERNOVA STORM JACKET

This simple design has enough reflectivity to keep you safe (360 degrees from the shoulders up) without looking tacky. Protects against breezes but breathes well to keep your core dry. **\$75** M 8.7 oz. (shown); W 7.5 oz.

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7 / MOUNTAIN HARDWEAR GHOST LITE JACKET

Weighing in at a meager 3.1 ounces, this featherweight hooded jacket is the perfect companion in and out of inclement weather. Sturdy enough to withstand breezes and drizzle. Nimble enough to stow into its own pocket. **\$100** M 3.1 oz. (shown); W 3.1 oz.

8 / BROOKS LSD THERMAL VEST

Temps in the upper 40s/lower 50s can confound some runners. Tough it out for a mile or two to warm up? Nah. This minimal vest insulates above the waist to warm your core, yet it does not interfere with your arm swing. **\$110** (avail. Sept.) M 4.8 oz.; W 4.0 oz. (shown)

7



SUPERLIGHT



8



9 / PUMA NIGHTCAT ILLUMINATE JACKET

This classic track jacket not only reflects light but also projects it. Piping along the sleeves and across the back of the shoulders can be illuminated via a USB-charged LED light that stores in a garage at the back of the collar. **\$250** (avail. Oct.) M 17 oz. (shown); W 14 oz.

10 / PEARL IZUMI FLY JACKET

If the weather is fair but daylight is scarce, this lightweight, no-frills shell will keep you easily detectable while resisting wind and wicking sweat. Reflective stripes underscore for motorists that you're a miler, not a mile marker. One large back pocket stores your phone and keys. **\$85** M 6 oz.; W 6 oz. (shown)

9



SUPERBRIGHT



10



11 / THE NORTH FACE ULTRA LITE WP SHORT SLEEVE JACKET

Did the sleeves come undone? No, that's by design. This waterproof jacket is for when rain poses more of an inconvenience than a threat. The hooded, reflective piece packs into its own pocket for warmer-weather emergencies. **\$150** M 4.9 oz.; W 4 oz. (shown)

12 / CRAFT WEATHER JERSEY

The material at the front and upper arms serves as wind panels, while the reflective material on the back and lower arms wards off motorists. The tilted zipper vents better than vertical zippers. If temps dip, untuck mittens from ends of the sleeves. **\$130** (avail. Sept.) M 11 oz. (shown); W 11 oz.

11



SUPERCOOL



12



Ask the
Gear Guy
BRYAN BOYLE

Are you supposed to wear compression socks over or under your tights while running?

Compression socks worth their salt are measured not by shoe size but rather by circumference of the ankle or calf.

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
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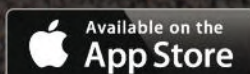
*Not clinically proven for all applications



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BEST TIPS EVER



**"HOW MUCH
SHOULD I
TRAIN?"**

YOUR

**ILLUSTRATIONS BY
ZOHAR LAZAR**



**"WHAT
SHOULD I
EAT?"**

BY LISA MARSHALL



**("DO I NEED TO
CROSS-TRAIN?"**



**AS YOU AGE AND CHANGE AS AN ATHLETE, THE RULES
YOU FOLLOW SHOULD ALSO EVOLVE. HERE'S HOW ALL KINDS OF RUNNERS
CAN STAY STRONG, HEALTHY, AND HAPPY FOR DECADES TO COME.**

Ask a coach, nutritionist, or sports-medicine physician for some words of running wisdom and, if they know their stuff, they'll start by asking you a question: **What kind of runner are you?** "The advice I give runners varies a lot, depending on how old they are and how serious they are," says Jordan Metzl, M.D., author of *Running Strong: The Sports Doctor's Complete Guide to Staying Healthy and Injury-Free for Life*. Nutritional, training, and even psychological needs evolve as you progress from a newbie trying to get fit to a racer gunning for a PR to a masters athlete determined to stay in the game. With this in mind, *Runner's World* tapped a team of experts for their tips on how to run well throughout the years.

"CAN I
TAKE WALK
BREAKS?"



RULES FOR

New Runners

About 50 percent of newbies get injured in their first year because their bones, ligaments, and muscles aren't used to the stress of running. When you're just starting out, forget about speed, and boost volume more slowly than you think you can to stay healthy and consistent.

CHOOSE SHOES WISELY

Your feet absorb two to four times your body weight with each step, so the wrong footwear could lead to injury. Go to a specialty running store late in the day (when your feet are a little swollen, as they will be midrun) and have a salesperson watch you run. He or she can suggest shoes that work with your gait and body type. Buy a comfortable pair that feels snug in the heel, with a thumb's width of space above your longest toe.

BREATHE EASY

If at any point during a run you can't carry on a conversation, take a walk break—even if that means more walking than running. Walk breaks allow you to stay out longer and build cardiovascular stamina as your bones and muscles adapt. Over time, you'll need shorter breaks.

RUN BY TIME, NOT DISTANCE

You won't be tempted to speed up to finish faster, which can lead to injury. Add five to 10 minutes of

running per week. Back off slightly every fourth week to let your musculoskeletal system adapt.

MAKE A COMMITMENT

Accountability to others can be a stronger lure than self-motivation, sports psychology experts say. Meet a friend for a run or join a group.

EAT BETTER, NOT MORE (OR LESS)

Many people who take up running to lose weight overcompensate for the calories they think they're burning. Others cut calories while adding miles, which saps energy and boosts the risk of injury and illness. At first, keep your intake as is, emphasizing whole grains, fruits and vegetables, healthy fats, and lean protein.

OUR EXPERT PANEL

JORDAN METZL, M.D., sports-medicine physician and author of *Running Strong: The Sports Doctor's Complete Guide to Staying Healthy and Injury-Free for Life* (Rodale)

GREG McMILLAN, M.S., exercise physiologist and running coach based in California
FRANK SHORTER, Boulder, Colorado-based runner who won the Olympic Marathon in 1972 and, at age 67, still runs regularly

JIM AFREMOW, PH.D., sports psychology consultant and author of *The Champion's Mind: How Great Athletes Think, Train, and Thrive* (Rodale)

KIM MUELLER, M.S., R.D., elite runner and new mom who specializes in sports dietetics via her company, Fuel Factor. She's training to qualify for the 2016 Olympic Marathon Trials at this year's Chicago Marathon.

RULES FOR
RUNNERS AT THEIR

Peak

Once you can run comfortably for 45 minutes two to three times per week without stopping, you're ready to shift your focus to performance. Whether you're striving to pick up the pace or eager to tackle a new distance, smart training is key. Runners tend to peak between the ages of 26 and 35. But if you took up running—or intense training—later, you may be running PRs well into your 40s and 50s.

DO SPEED INTERVALS EVERY WEEK

Speedwork strengthens fast-twitch muscle fibers, teaches the heart to deliver oxygen-fueled blood to muscles more efficiently, and toughens your mind to discomfort. The result: Long runs feel easier, you can endure fast runs longer without suffering, and when the pain comes, you can handle it. Start with this: After a 15-minute warmup, run one minute fast, one minute slow; repeat five to 10 times. Progress to this: After a 15-minute warmup, run 8 to 12 × 400 meters with 200-meter jog breaks in between. Shoot for 15 to 25 minutes total of fast running (about 5K pace).

WORK ON YOUR FINISHING KICK

Many potential PRs are quashed near the end of the race's second half, when you're physically and mentally fatigued. Practice pushing when tired by making the last mile your fastest during one run per week (a long run or tempo run). On interval day, dig deep on the last few reps. And don't skip the cooldown: Running easy for 15 minutes after a tough workout teaches the body to press on when energy stores are low.

EAT ENOUGH, MOSTLY CARBS

If you're running faster, longer, and harder, fueling matters: Consume too little and you'll burn lean muscle

and compromise your immune system. You'll burn roughly two-thirds your body weight in calories per mile you run. (For example, a 150-pound runner burns 100 calories for every mile she adds.) Do those miles on hills or into a headwind and you expend about 10 percent more calories. Adjust your intake accordingly, making sure to get plenty of carbs (2.7 to 4.5 grams per pound of body weight per day, from whole grains, produce, and legumes). If you're trying to lose weight, tally the number of calories you burn in a day, subtract 500, and consume at least that many to avoid underfueling.

BABY YOUR IMMUNE SYSTEM

High-intensity training suppresses the immune system for up to 24 hours, leaving runners vulnerable to upper-respiratory infections. Within 30 minutes of a tough workout, take in 10 to 20 grams of protein (which stimulates production of white blood cells), colorful fruits and vegetables (rich in anti-inflammatories and antioxidants), and probiotics (which are found in kefir and Greek yogurt). Also, wash your hands frequently and rest up: People who sleep fewer than seven hours per night are three times as likely to catch a cold as those who sleep more than eight.

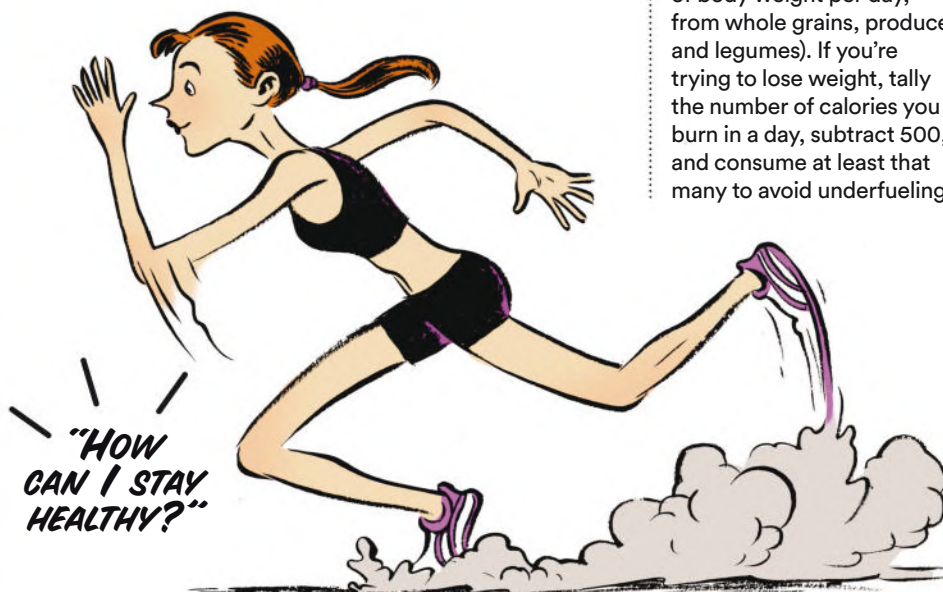
FOR A FASTER FINISH, FOCUS

Studies of elite athletes show that those who focus on their effort race faster than those who let their minds wander. Break your race or tempo run up into chunks (miles, aid stations, light posts) and check in with yourself at each one to ask: *How do my legs feel? Can I push harder, or should I back off?*



RULES FOR STRESSED RUNNERS

If life obligations have accumulated to the point where lacing up feels like just another stressor, it's time to reframe your running. Ditch your watch, put ambitious time goals and workouts on the back burner, and focus on running easy a few times each week to destress. As long as you're continuing to run regularly, it won't be too difficult to jump back into more-intense training when your life calms down.



**RULES FOR RUNNERS
RETURNING FROM**

Injury

(OR PREGNANCY)



At some point, almost every runner will be sidelined temporarily. A healthy return to the sport requires patience, caution, and smart training.

PRACTICE ACTIVE RECOVERY

Cross-training keeps your heart and lungs fit as your body recovers. Start with activities that employ different motions than running (like swimming and cycling), and progress to those that mimic running without the impact (like aqua-jogging or using the elliptical machine). Pregnant women and new moms should exercise whatever way is comfortable and doctor-approved.

BREAK THE CYCLE

See a health-care professional—preferably one who runs—to determine why you got hurt in the first place and to craft a plan to prevent reinjury.

TRY A TEST RUN

When pain is gone and you have the green light from your doctor, attempt to run for 10 minutes. If it hurts, stop running and wait another three to five days before trying again.

SHORTEN YOUR STRIDE

A shorter stride and quicker cadence can reduce the impact of running, which may decrease the risk of injury. Aim for 170 to 180 foot strikes per minute.

NEW MOMS: EASE IN AND EAT UP

The hormone that loosens ligaments to allow childbirth can linger postpartum, leaving new moms prone to injury. Wait six to eight weeks after giving birth to ease in to running. It takes about 22 calories to produce one ounce of milk, so breastfeeding moms need an extra 300 to 500 calories daily.

FOAM-ROLL EVERY DAY

Flexibility is another casualty of age, and a daily session with a foam roller can preserve and restore it. Rolling over hamstrings, quads, and glutes loosens up connective tissues and promotes bloodflow, much like a massage.

KEEP UP SOME SPEED

Old injuries and a declining VO_2 max (the body's capacity to transport oxygen to muscles) can dissuade aging runners from continuing speedwork. But practicing quick leg turnover is key for maintaining neuromuscular coordination, range of motion, and fitness. Start by adding some short pickups (10 to 20 seconds fast; 30 to 60 seconds recovery; repeat 10 times) to a routine run. For a harder bout, try 60 seconds fast, two minutes slow, three times.

NURTURE YOUR BONES

To counteract bone density loss, which can increase the risk of stress fractures in older runners, make sure you're getting enough calcium and vitamin D daily (1,200 milligrams calcium for women over 50 and men over 70, and 600 IUs of D for people over 50). Good sources of calcium include dairy products, tofu, spinach, black-eyed peas, and collard greens. Good sources of vitamin D are fatty fish, cod liver oil, and exposure to sunshine.

ADJUST YOUR GOALS

Vow to "slow down as slowly as possible," as Olympic gold medalist Frank Shorter did at age 35. Look forward to birthdays that put you in a new age group. Explore new distances (a road mile, a marathon) or events (triathlons, trail races) in which you can still notch a PR. And remember: Even if you have slowed a bit, at least you're still out there. **SW**

RULES FOR THE

Over-40 Crowd



Runners tend to slow by three to six percent over the course of their 40s, 10 percent per decade in their 50s and 60s, and 15 percent per decade after 70, as strength, flexibility, and bone density diminish. But much can be done to fend off the decline.

FOCUS ON STRENGTH

If you haven't started strength-training (which helps runners at any age), it's more important now than ever. Muscle mass declines by about eight percent per decade after age 40. Strength-training counteracts that while building muscular scaffolding to ease the burden of running on aging joints. Spend 30 minutes twice a week targeting muscles running often misses (such as glutes, hips, core, and arms). Use your own body as weight with squats, lunges, pushups, and planks.

There's only one race like it in the world. And it's in our World.

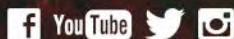


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Race to runDisney.com to register and learn more.



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CROSS- COUNTRY ROMANCE

BY **LOUIS CINQUINO**

REMEMBER THAT NERVOUS EXCITEMENT YOU
FELT AS A KID, RUNNING IN SCHOOL MEETS ACROSS
FIELDS, THROUGH WOODS, AND OVER HILLS?
WELL, **XC EVENTS FOR ADULTS**
ARE POPPING UP ALL OVER, AND...



...IT'S TIME TO **LOVE** OFF-ROAD RACING AGAIN.



I AM ABOUT TO RUN MY FIRST CROSS-COUNTRY RACE IN 35 YEARS. FAINTLY NERVOUS. SLIGHTLY CHILLY. SUSPECT I'M OUT OF MY LEAGUE.

All those feelings swirl around in my head as I enter the spray-painted square reserved for my team. I'm braving a chilly fall day with 1,764 runners in Bethlehem, Pennsylvania, for the USATF National Club Cross Country Championships.

A starter's gun fires, and a strange mix of panic and boundless freedom rises as the fastest old guys I've ever run with begin the mad dash that is the signature moment of a cross-country race. I expect the bloody mayhem of Pickett's Charge at Gettysburg, with spikes in place of the bayonets. Yet there is no rebel yell from the singlet army, only a collective exhale. Completely unlike the clumsy, slow start-and-stop of a big marathon, we set out briskly, side-by-side. I was warned about going out too fast, and I do, but I'm also falling so far behind that I'm afraid to turn around and see if there is anyone left behind me. As I will find out later, there weren't many.

I'm in the first of four separate starts: at 52, I'm with the masters men (age 40-plus), running 10K. The open men's race will go off in two hours. There are also masters and open races for women at 6K, standard distances for collegiate cross-country races. Each of the four races boasts its biggest field ever. (The winners of the open races would be eligible for USATF selection for the 2015 Bupa Great Edinburgh Cross Country International Challenge.)

We cross a wide-open grassy plain and aim for the path that forms as the field narrows. The pastoral setting of the course, in the shadow of South Mountain, (briefly) calms my nerves. The

path through a cornfield winds around a set of iconic steel tree sculptures and dumps us onto a 55-yard slippery mud carpet, where my investment in flashy neon orange running spikes kicks in, and I find myself recklessly accelerating.

Doubt, pain, and humility begin a heavy rotation in my mind over the next 10 kilometers. Even so, the feeling that prevails is one that has been building over the past three months since I decided to enter this race. It's the one word I've heard more than any other from my fellow runners as I've tried to understand what's behind the quiet resurgence of cross-country running in America: *love*.

For runners, love is usually reserved for the kinds of singular and rare moments of ecstasy that touch us deeply and change who we are. A calming run full of laughs and shared vulnerability with a dear friend, or opening your eyes to expansive views along a rolling ridge. Or perhaps that rarest and most treasured of all, hitting a personal goal after training beyond your limits.

When you have all three? Well, that's what I found in cross country.



WE HAVE COME to think of cross country mostly as a scholastic or collegiate sport, and for good reason. High school participation has grown by 12 percent over the past six years, reaching 470,668 participants in 2014, according to the National Federation of State High School Associations. This, even as participation in other



high school sports such as basketball, field hockey, golf, softball, and cross country's archrival, football, has shrunk.

The growth in collegiate participation is slower, in part because 93 percent of NCAA and NAIA schools already have programs, accommodating some 34,000 athletes. Which means that every year, roughly 115,000 high school senior cross-country runners enter into a college system that has just 8,500 available freshman slots. So at least 100,000 high school seniors do what I thought I had done in 1979 for Notre Dame High School (Batavia, New York)—run the final cross-country race of their lives.

At least, until they discover what I eventually did, that you can run—and love—cross-country races at any age.

The sport may not get the attention or sponsor-fueled hype of the big marathons or fundraiser races, but with little fanfare, there's been an almost cultish growth in postcollegiate cross-country running. USA Track & Field, which conducts championship races at the association, regional, and national levels,



Elite and amateur men ran in an open race (top). The author (below) raced with the masters.

DIG IN YOUR SPIKES

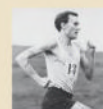
Favorite workouts of XC stars



SARA HALL JOY RUNS

"Run around a grass field," says the 2012

U.S. national cross country champion. "Loops, straightaways, figure eights, criss-crossing hills. Run for three minutes, rest for two. Repeat until you've run a total time that's equal to your goal for your race."



ROGER ROBINSON GROUP SAUSAGES

When you're with a group of friends of various abilities in an open space: One person leads each interval in a random series of loops. The faster runners go wider and longer around the turns, and the slower runners cut corners so they stay to the front. This way the faster runners run longer distances, but with about the same effort and on the same clock as the slower runners.



HARPER (LONG) HILLS

Do 1- to 1.5-mile uphill repeats. "Run

at about 80 to 90 percent effort," says Golden Harper. "End each one with a little bit of downhill to keep leg speed up." He does five or six, but he's a world-class runner. You can try two.



UTESCH TEAM BUFFET

A week before a race, Deb Utesch has her

Lehigh University women's cross-country team get a feel for the course. They do two or three spurts at slightly slower than 5K pace. Then, on the most challenging parts of the course, they run 30 seconds hard, jog 30 seconds to recover, and do this five or six times. —L.C.

reports that 846 cross-country races were submitted to their nationwide database in 2013, an all-time high. (See "Wanna Cross Over?" on page 77.)

Granted, the growth doesn't stack up to the explosion of obstacle course races (OCR), which some people confuse with cross country. Both OCR and cross country originated in England (cross country in 1837; OCR 150 years later). Both races are largely run on grass and dirt, and both sports are lobbying to get into the Olympics, or in cross country's case, get back into the Olympics, as the sport was included in the 1912, 1920, and 1924 Games.

OCR's rise has outpaced the growth of traditional running events, too, with participation hitting 4.24 million in 2014, according to Melissa Rodriguez, the research director of Obstacle Race World. By comparison, cross country remains more of a boutique pursuit in the U.S., with 1.48 million finishers from 2008 to 2014, according to the USATF.

But for a certain type of runner, there's no real comparison. Cross-country races

provide a chance to bask in the freedom of going fast over well-kept grass and tree-lined fields sprinkled with stretches of gravel, dirt, cobblestones, and hills. For runners who just want to run—without stopping to carry stones or walk through fire—cross country offers the less traveled path in the woods.

By far, the biggest and most celebrated meet of the year is the event I'm in, commonly known as Club Nats. It's a signature race that draws cross-country lovers who've come like pilgrims to a shrine. And while you don't have to qualify to run it, you do have to be a USATF member. The Lehigh University course that hosts us was the scene of one of collegiate cross-country's most historic races. In 1979, Henry Rono arrived here as the world's top distance runner, holding four different world records that he had broken in an unparalleled span of 81 days. He dominated the race and won the NCAA Division I Cross Country Championships over defending champion Alberto Salazar, himself only a year

away from starting his record-shattering marathon career. The only records that will be set today are in the numbers of fervent participants.



"RUN ON SOFT SURFACES right away," were the first words of wisdom from Budd Coates, *Runner's World* training director, when I told him I was going to run a cross-country race.

"Oh, will it be harder or easier?" I ask. He laughs. Hmm.

"Try running here," Budd says. "You'll see." He pulls out a map of a local park where he's designed a 5K cross-country course for high school meets.

I go there, and within the first 400 yards on the grass, my legs are whimpering. By the time I get to the top of the first big hill, my quads are yodeling—except it's not even the top, just a plateau. Then another plateau, a short leveling off and slight downhill, some side hill, then up again. Somehow Budd has found a way to make a course go uphill in both directions. I want to lie down in the cornfield and wait for the crows to peck my eyes out.

It's not just the pain of that run that sobers me up. I am hesitant to switch so much of my training from predictable, smoothly paved roads. Yet the more I start unearthing what running on soft and uneven surfaces can do to efficiently build speed and stamina—and actually prevent injury—the more I'm sold.

"Getting off the road and onto trails offers different elements that can improve your gait," says Jay Dicharry, M.P.T., director of REP Biomechanics Lab, in Bend, Oregon, and author of *Anatomy for Runners*. "The majority of runners I work with seek out trails. I don't run on roads, except on short ones that take me to a trail."

Dicharry says our bodies need to be exposed to a variety of situations in order to be able to adapt and stay strong enough to meet new challenges. The variety of surfaces in a typical cross-country course is perfect—gravel, grass, hard-packed dirt, side hills, mud, and roots.

"All that variability puts your foot in constantly changing angles of inversion [arch dropping down] and eversion [arch rolling up]," says Dicharry. "But it's not just your foot—it's your whole leg, your body that adjusts. A trail run is like a neuromuscular tuneup."

What's more, trail running can fix the most common problem runners face with

The Club Nats featured teams from across the country who ran hard and cheered loud.



their gait—overstriding. Because you have to pay close attention to where your feet are going and keep changing your stride length, you avoid falling into a mindless pattern of just putting one foot (too far) in front of the other. "As a road runner, there's one great first step you can take to fix overstriding," says Dicharry. "Run on a trail."

Beyond the physical benefits, there's the simple joy of running in the natural world. Where trees are your mile markers. Where the earth reveals its skin. Where you keep on the grass, not off it.

"Going from the road to cross country is like a swimmer going from the pool to the sea," says Roger Robinson, who has won several world and national masters championships on the road, track, and cross country. "You are competing against the terrain and working with it at the same time. You are part of it. I love the textures of the earth under my feet. The grass, leaves. The sheeps---."

I don't find lamb poop in my training, but I do start to rekindle that special loving feeling for running that abates when you stick only to paved surfaces, rather than taking the path into the woods. I feel welcomed back by true believers who never left. Believers like Sara Hall and Golden Harper.

"Right on!" exclaims Golden Harper when I tell him of my plans to run Club Nats. "I love cross country!" He bursts with boyish enthusiasm that seems closer to the child prodigy who once held the marathon world's best for 12-year-olds than his current station as the founder of shoe company Altra. "That's how I grew up running," he says. "That's how the Kenyans train. It's the key to staying happy and healthy with your running."

"Ah, yes, cross country," says a beaming Sara Hall, the top American finisher (20th) in the 2015 IAAF World Cross Country Championships in Guiyang, China. "Whenever I can fit a cross-country race into my schedule, I feel that first love all over again."

What's more, that love can come back even stronger in a running club or masters team. Pete Magill, holder of a variety of American records in masters races and *Running Times* 2014 Masters Long Distance Runner of the Year (male 50–54), turns serious when he talks about his cross-country mates. "I recently lost some friends," Magill says. "I'm at an age when that's starting to happen. So to have my running club, where I'm still making friends—and not just new friends, but my best friends—it's so valuable for me now."



THE PACK has long since pulled away from me near the midrace mark, as I complete the first loop of the course and run by tents where many of the teams have set up camp for the day. Now even the stragglers are passing me. Yet as I struggle on, the cheering grows—not for me so much, but for my jersey. I am running with the local Lehigh Valley Road Runners, and that is reason enough for passionate exhortations from the crowd.

I have the advantage of having run this course several times in my training. So I know to work just hard enough to hold my own on the flat sidelines of the football practice fields and the modest inclines along leaf-stripped hedgerows. The cool air searing my lungs tells me it's almost Christmas. I sharply and carefully turn around borders of whitened cornstalks that leave threatening, missing-teeth cobs at my feet like coal under the tree.

I know that the real key will be pouring myself into the steady and lengthy descent that awaits us almost five miles

TREES ARE YOUR MILE MARKERS. YOU KEEP ON THE GRASS, NOT OFF IT.

into the race. There are no logs to jump, no streams to ford, no physical obstacles to stop me—other than my own weakening legs and flagging will.

I hear heartfelt shouts for the home team that give me the boost I need to pass, for the third time, a runner who has become my nemesis on the course. He is wearing the ubiquitous red jersey of the Genesee Valley Harriers, a huge and active club whose territory includes alumni of my high school. I may have even run against his high school in

my final county meet 35 years ago. We banter each time during our back and forths, until at about the 6K mark, when he passes me for the final time in the silence of the far edges of the course.

Somewhere, Rono and Salazar could not care less.



"I'LL TELL YOU in one word what brings these people out—friendship," says Paul Greer, founder and series director of the San Diego USATF Dirt Dog Cross Country series. "It's not just a sport, we are bringing a community together. Yes, we have the competition. But then we stay after and have a beer or a barbecue. Friendship is what brings us back year after year."

Greer has watched the community grow. For a race held in 1999, only 10 runners showed up. As it turns out, one of them happened to be Steve Scott, one of the greatest American milers of all time, who won. The next year, the Dirt Dog was born, with close to 100 runners. There are now eight events, and some races exceed 300 runners.

The growth is (Continued on page 117)

WANNA CROSS OVER?

*Fall races for
all comers*

Team Red Lizard Presents: Stumptown Cross Series
Teams or individuals run 5K to 10K. Per the website: "These ain't no stinkin' road races." September–November; Portland, OR; \$15 per race, \$50 for series redlizardrunning.com/cross-country-series

Chile Pepper Cross Country Festival
This race circles a lake and takes runners through fields and woods. October 3; Fayetteville, AR; \$25 chilepepperfestival.org

Willow Hills Cross Country Open (shown)
This two-loop 5K includes lakefront, packed dirt, and technical terrain. October 10; Folsom, CA; \$15 buffalochips.com/willow-hills-xc

Wayland XC Festival
Race alongside teenagers in this 5K. You'll cross grass, football, and lacrosse fields, and run the final 300 meters on a track. October 11; Wayland, MA; \$15 waylandxc.com

BRIN Cross Country Classic
Grass, wood chips, gravel roads, and a finish on the bricked main street of the old Western town. October 18; Ashland, NE; \$35 bornandracedne.com

Tri-County Barnstormers Cross Country Meet
The 5K and 10K races take off uphill, make a grassy loop, and finish on an 80-meter downhill to a soccer field. October 25; Romeoville, IL; 5K \$35, 10K \$40 tri-countybarnstormersraces.com

Dirt Dog Cross Country Series
In this series of seven races, participants are treated to classic courses ranging from 5K to 8K. At the Balboa Boogie 5K, entrants run through the Foot Locker Cross Country National Championships course, and even hit some of the notoriously tricky hills. Biweekly until November; San Diego, CA; \$10 to \$15 per race dirtdogxc.com
—ALI NOLAN



PROMOTION



YOU DON'T KNOW THE HALF OF IT

Our half marathon
is only part of the
fun. Check out all
the events and
[register today.](#)



There's more to the Runner's World Half & Festival than meets the eye. In fact, it's a whole weekend of nonstop activity for runners and their families. Plus, you can enjoy dinner with the editors, attend informative seminars, and groove to live music on Sunday. It may be a HALF Festival, but it's a WHOLE lot of fun. Join us!



Half marathon, 10K, 5K, Altra Trail Run,
Free Kids Run, and Dog Run

Informative seminars on all things running

Dinner with the editors

Great live music and food

Join us...for one great time after another.

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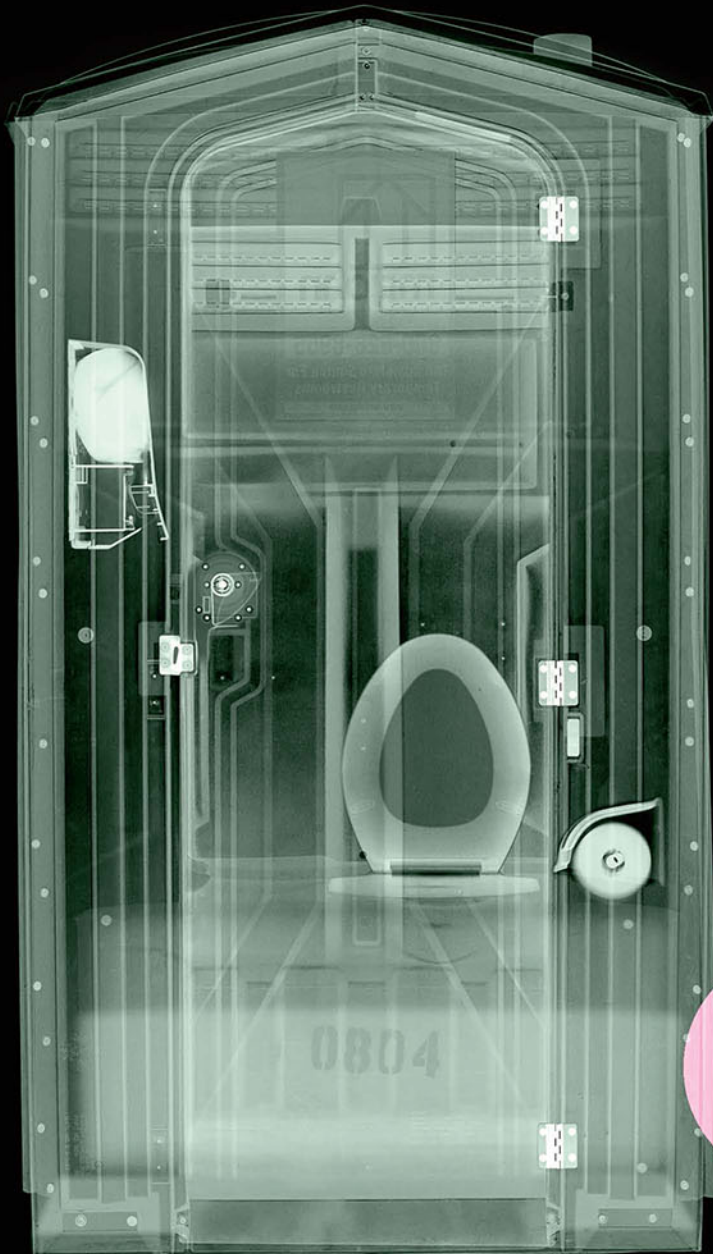
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How life unfolds:



PRESENTED BY



The **BUSINESS** *of a*



By
**RACHEL
SWABY**

We runners have a complicated relationship with portable toilets. We're happy to see them before (and sometimes during and often after) a race, especially when we've been shotgunning liquids and glucose. But that minute-plus (on average) we spend in their odiferous confines tends to yield some memorable-and-not-in-a-good-way moments. However, instead of shaking your fist at them, we suggest cutting the portable toilet some slack. Everything from the mysterious blue liquid to the height of the drop to the placement of the urinal has been studied and calibrated to make the best of a crappy situation. Which intrigued us—there's a lot more to these things than we thought. So here's everything you ever wanted to know (and a lot you probably didn't) about the humble box that gets so much s---.



PORTA-POTTY

Photographs by
DAVID ARKY



HOW IS THE USER-TO-POTTY RATIO DETERMINED?

A

“There’s one toilet per 60 people at a concert,” says Steve Brinton, the vice president of sales and marketing at Satellite Industries, a portable-toilet manufacturer, “but at a race it’s one for every 10 people because of the way they’re used.” Meaning a heck of a lot of well-hydrated runners create heavy traffic over a condensed time period. In fact, after an informal study of race participants, Ron Crosier, president of Crosiers Sanitary Service, Inc., which services events like West Virginia’s Komen Race for the Cure and

The Gristmill Grinder, found that 80 percent use the loo in the hour before the start. Companies like Crosiers do provide recommendations, but the race director’s budget guides the quantity and quality of the selection. Units range from \$50 to \$150, depending on the region and the distance they’re transported; \$100 is average, says Crosier, and extras cost... extra. “We charge \$10 more for a unit with a hand sanitizer, mirror, purse shelf, and hover handle,” he says.



PORTA PEEVE

“Lock the damn door. I’ve seen more than one bare-butt dude who just didn’t bother to slide the bar over. IT’S NOT THAT HARD.”

—MEGHAN LOFTUS,
RW SENIOR EDITOR

Punny Providers

These 5 companies service events with a sense of humor.



THE WAITING BY THE NUMBERS

1:15–1:30

Average time it takes runners to get in and out

1:30

Average time it takes men (nonrunners) to get in and out

3:00

Average time it takes women (nonrunners)

10

Suppliers’ suggested max length of the queue, in minutes (or else the trees start getting watered)

10

Percentage increase in toilets needed when you add alcohol to an event



Why is everything, um, wet?

A survey conducted by Brinton uncovered the obvious: Users prefer to hover. In fact, 95 percent of women and 93 percent of men won’t make contact with the seat. Since copping a successful squat (especially with destroyed

quads) over those things is to defy physics, it’s no wonder things get messy. So why not just put a normal toilet over the tank to encourage better aim? Because making room for ergonomic porcelain would shrink the tank and lower its capacity. “All that waste has to be contained within a 44-by-48-inch footprint,” says Brinton. “You need more tank than seat.”



GREAT IDEA!

“There should be a big digital timer on the outside of porta-potties to track how long someone has been in there and (hopefully) pressure them to hurry it up.”
—ROBERT REESE,
RW EXECUTIVE DIGITAL
PRODUCER



ARE THEY PURPOSELY SET UP TO MAKE CHAOS OUT OF LINE MANAGEMENT?

Suppliers do make suggestions about how to best configure toilets for optimal use, but ultimately their placement is up to the race director. Sometimes, space constraints mean a line of porta-potties—as opposed to the U-shape used by races like the Hartford Marathon, which lets runners choose from more at a time—is the only option. At the Nike Women's Half Marathon in San Francisco, for example, a line better accommodates the narrow streets and thousands of participants. In that case, banks of 10 toilets should be separated by a 20-foot gap to minimize the chaos. One line per bank, rather than per unit, is ideal. By promoting one line with signage or tape, one out-of-service (or endlessly occupied) toilet won't stop up traffic. But the U-shape really is the way to go. "There's something aesthetically pleasing about them," says Crosier. "You have a courtyard surrounded by doors, so when you're walking in, you can see very quickly which unit is open." (Bonus points for atmosphere and cleanliness when a sink station is placed in the middle and the whole configuration is tented.)



Fun Fact

That 44-by-48-inch footprint is deliberate. Portable toilets were originally designed for use at construction sites, says Brinton, "for guys to take off

their jackets and hang up their tool belts." So the width—44 inches—was standardized with that use in mind. The depth, 48 inches, has to do with portability. "You can put two of them back-to-back side-ways on a truck and they'll still be under the Department of Transportation's width regulation, which is 102 inches."

PORTA PEEVE

"Why are there not monitors to help form lines and manage the crowds? And keep spectators out of the runners' lines?"

—NANCY CAVINESS, VIA FACEBOOK



GREAT IDEA!

"There should be an express line like at the grocery store—runners who pee fast need their own section. I also think some races that start in the dark need headlamps in the porta-pots."

—BART YASSO,
RW CHIEF RUNNING
OFFICER



What is that smell?

(NOT THAT ONE, THE OTHER ONE)

Manufacturers deploy several methods of distracting your nose, including hiding deodorizing disks behind hand sanitizers and adding scents to the tank. The most popular aromas are cherry and bubble gum. In part, it's because they can be easily produced in-house, unlike many fragrances, and they're particularly good at masking odors, says Dean Carstens, deodorizers general manager at Satellite Industries. "Cherry was one of the first fragrances used and is still known as an industry standard," he says.



THE BLUE STUFF (A.K.A. "PRECHARGE")

BY THE NUMBERS

- 5 gallons water
- 1-7 ounces liquid deodorizer (designed to last seven days; powder packets are also available)
- 1 part fragrance (client's choice: baby powder, mountain breeze, fresh, mulberry, cherry, etc.)
- 1 part biocide (to prevent bacteria)
- 1 part surfactant, like soap (helps keep everything in solution)
- + Dashes of blue dye (masking agent; limits the view)

Fun Fact

The biocide in the blue stuff is sometimes formaldehyde, which has a strong chemical smell. "It's inexpensive and it works," says Crosier. "But it will sting the eyes, and I don't consider it environmentally friendly."



GREAT IDEA!

"I can't hover and go. Maybe they could put in some handles to hold onto—like Olympic parallel bars? And I hate the open pit. Why can't they have something like the Hungry Hungry Hippos game where you press a button and a hippo (not a real hippo) comes out and pulls your poop away?"

—KEITH PLUNKETT,
RW ASSOCIATE MANAGER,
EVENT MARKETING

DOWN BELOW BY THE NUMBERS

6

Ounces in the average deposit

60

Capacity, in gallons, of the tank

70

Percentage of a used portable toilet that is made up of urine, on average

250

Number of uses a porta-potty can handle before sanitary conditions start going south

1,280

Number of uses, based on the average deposit, that will fill a tank to the brim



HOW COME THEY ALWAYS RUN OUT OF TP?

A race's budget often determines the quantity and quality of toilet paper, which costs about 25¢ to \$1 per roll. How much each unit needs depends on the breakdown of men vs. women—more women means more TP—and the type of event. (In an average race, runners only use toilets at the start for 60 minutes or less.) The industry standard is two to four single-ply 1,000-sheet rolls per stall. “The number of rolls doesn’t matter near as much as what they are,” says Ron Inman, vice president of Honey Bucket, the company that services the Hood to Coast relay in Portland, Oregon. “You can get rolls with 500 sheets or 1,500 sheets. Our rolls are 1,500 sheets, single-ply. Dispensers hold three rolls, and we put an extra roll on the shelf.”



GREAT IDEA!

“I wish the latch were at the bottom of the door so it could be opened and locked with your foot instead of your hands. Blech.”

—LINDSAY BENDER,
RW ASSISTANT MANAGING
EDITOR



What's the lifespan of a unit?

“Porta-potties will easily last 10 years,” says Brinton. “There are toilets more than 30 years old.” The secret of their durability is high-density polyethylene. The plastic is “relatively pliable,” he says, a key quality when you’re continually hauling the houses on and off trucks. “You want toilets that will absorb impact so they won’t crack and leak—a problem with a lot of the old fiberglass tanks.” High-density polyethylene also won’t rot, host nasty bacteria, or break down from cleaning agents—of which it will see many.

Fun Fact

Over the course of the 36-hour Hood to Coast relay, organizers go through 4,200 rolls of TP for 17,500 participants. Race director Felicia Hubber advises monitors at exchange points to keep a sharp eye out for thieves. “People will take rolls with them,” she says.



PORTA PEEVE

“Guys: Please, don’t splatter the toilet seat. Come on.”

—MARK REMY, RW WRITER
AT LARGE

A+ Amenities

Five innovations that rarely make it to races, but that we’d love to see at the starting line.

Foam hand sanitizer stations So you can decontaminate *after* you’ve opened the toilet door.

Flush systems They are, actually, available. That blue liquid doesn’t do enough to mask the sight—or the smell.

Kros unit For men, a four-sided urinal means quicker access to relief.

Luxury restroom trailer With AC, television, music—the ultimate swanky sitting experience.

Handwash stations These foot-operated stations aren’t new, but they’re a rare sight at races.

A Tinkle in Time

The evolution of the portable toilet.*

1940s

During World War II, Long Beach Shipyards in California installed portables constructed of wood with modi-



fied metal 55-gallon drums to save time for naval ship repairmen.

1950s

Rise of the construction industry

coincided with rise of independent suppliers of homemade, wooden portables that weighed up to 400 pounds each. (They’re now 160 to 170.)

1960s

After a rank visit to a portable, Ken Holyoak, who was in the RV business, offered

the unit’s owner a free drum of RV deodorizer. Holyoak was a pioneer in replacing subpar fixes like Pine-Sol with an industry-specific portable-toilet smell solution.

1969

Woodstock was one of the first places outside commercial and

industrial settings to use portable restrooms. The concert had 15 20-foot wooden buildings with 10 stalls and a urinal room each. About one pot for every 3,000 people.

1970s

The Boston Marathon outgrows Hopkinton High School’s restroom

facilities at the starting line. They supplement with portable toilets.

1972

Heeding the industry shift from wood—which was heavy and retained odor—to fiberglass and plastic, Al Hilde of Satellite Industries introduced polyethylene

TALES from the DARK SIDE

We asked runners on Facebook—and folks around RW HQ—for their most memorable portable-potty stories.



GREAT IDEA!

"An output fan. If you get rid of that smell, you've easily made that thing at least a 1.5 star rating on TripAdvisor."

—DAN FUEHRER, RW DIGITAL DESIGNER

What happens to everything?

First, workers run a hose from a truck that sucks everything from the abyss. If the toilet is staying put, they spend three to five minutes cleaning it and refilling the blue stuff/precharge. Trucks can carry up to 1,500 gallons of waste and 500 gallons of precharge or fresh water (precharge mix is added once water is in the potty). If the unit is leaving, it's pumped out, loaded on a truck, and pressure-washed.



RESPONSES MOST FREQUENTLY CITED...

Waste where it shouldn't be **26.9%**

Dropped objects **11.5%**

Toilet paper problems **11.5%**

Stomach troubles (including vomiting) **5.8%**

Unwanted sightings (spiders, snakes, and private parts) **5.8%**

Other **38.5%**

DROPPED OBJECTS INCLUDED...

Car keys House/gym key
Inhaler
Phones **Socks**
Sunglasses **Timing card**
Top of tri suit
Water bottle

strong! Everyone was hacking when they exited. If you took a breath, it burned. I started coughing so bad it made me throw up a few times before the race even started."

—MELISSA ANN MIANO, VIA FACEBOOK

"I was in a porta-potty at Hood to Coast, and right before I got in, the truck that was there to switch them out came by. I was terrified that they were going to put mine in the truck (like, lift it up with the forklift and everything) while I was still in it."

—HANNAH MCGOLDRICK, RW SOCIAL MEDIA EDITOR

"When I was 7 years old, I got locked in a porta-potty for about 50 minutes. I couldn't figure out how to unlock it. My mom talked me through it."

—KIT FOX, RW REPORTER

"At Hood to Coast, a woman put her arm in

a plastic bag and had friends hold her ankles while she reached for her cell phone."

—BART YASSO

"I went to an event that had two days of racing, some 500-plus racers, and only three porta-potties to accommodate everyone. They did not empty any of them out. I never knew two days of prerace jitters could crest like that. Some things just can't be unseen."

—DAN FUEHRER

PORTA PEEVE

"Midrace I really had to pee. I ran in one and started to pee and was getting splashed....who closes the lid on a porta-potty?!"

—LAURA DOOT FISH, VIA FACEBOOK

pots. He was inspired by plastic bleachers he saw in a stadium.

1973

Portable Sanitation Association International successfully lobbied for its members to be exempted from gas rationing during the oil crisis "for health reasons."



1980s

Plastic replaces fiberglass. Because of its rigidity and brittle nature, fiberglass units were prone to cracking.

1996

Registration for Boston Marathon's 100th anniversary event swells. Race director Dave McGillivray procures

a 340-foot urinal trough. Made up of sections secured with duct tape, it was pitched so gravity ushered urine into the tank. But the tape wouldn't stick, and not a drop made it into the tank.

2007

Boston begins wave starts in

response to "urinegate," when Hopkinton residents seethed over runners hopping barricades to relieve themselves on lawns. With wave starts, runners stay on Main Street, which is lined by businesses.

2012

With some 39,000

workers, 10,000 trucks, and 3 million restrooms worldwide, the portable-sanitation industry has an annual revenue of about \$4 billion. ^{EW}

*According to Portable Sanitation Association International; Kaileen Kos; Steve Brinton; Dave McGillivray

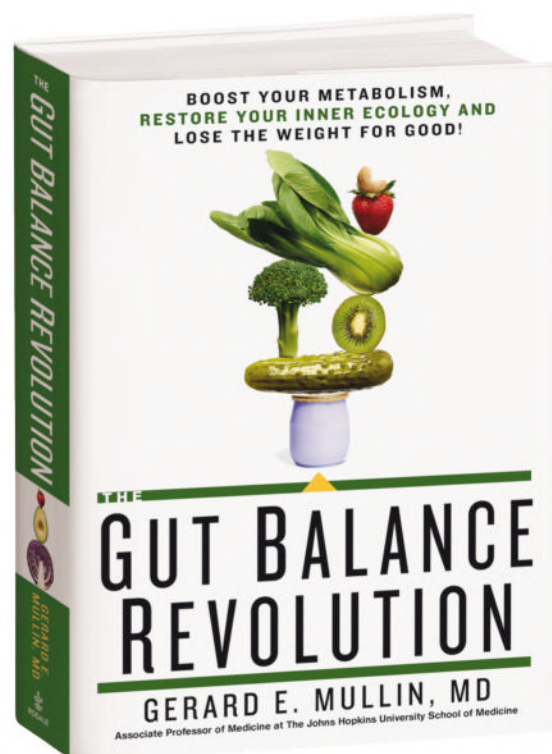


TURN **BAD** GUT FLORA TO **GOOD** GUT FLORA AND **LOSE WEIGHT!**

A leading authority on digestive health, Gerard E. Mullin, MD, shares the first proven, science-based program to rebalance your gut microbes for weight loss and lasting health.

“Dr. Mullin has provided the reader with invaluable practical insight into the gut microbiome and its effect on obesity and our overall health. This is a ‘must-read’ for the public and health professionals.”

—**Richard H. Carmona, MD, MPH, FACS**, 17th Surgeon General of the United States



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STRONG



FAST



**A simple weight-training
program (designed by the
Fitness Director of *Women's
Health*) to help runners
(like this RW staffer) build
power and speed**

PHOTOGRAPHS BY SCOTT McDERMOTT

Runner's World Art Director Erin Benner wants to get fast. She's putting in the legwork—churning out 200-, 400-, 800-meter repeats—every week in an effort to run a personal best mile and 5K (she'd like to break 5:45 and 20:00, respectively) this fall. She's foam rolling her legs, icing her injury-prone feet, and pool-running and spinning. But something critical is missing from her regimen: strength-training. "I think a lot of runners feel intimidated or put off by weight lifting because it's foreign to them or they think it will make them bulky—and slow," says Jen Ator, C.S.C.S., fitness director of *Women's Health* (also published by RW's parent company, Rodale). "But lifting can be a key component to building speed. The more power you can generate with each stride, the faster you can run. The stronger you are, the longer you can generate that power without fatiguing, meaning you'll be able to maintain that pace."

Benner says she used to occasionally weight-train but didn't make it a priority because she wasn't convinced that her gym time carried over to her running times. "I didn't really know what I should be doing to become a better runner," she says. And then there's scheduling. Benner has a demanding full-time job and two daughters (ages 5 and 9). And she's moving into a new home this summer.

So, with that in mind, Ator came up with a plan that is short, sweet—and most important—specific. Ator (herself an avid runner and triathlete) designed this routine to address common strength imbalances, specifically building core strength and increasing glute activation, as well as improving posture and overall mobility. "I think one of the biggest things you'll take away from this routine is that lifting doesn't have to be time-consuming, intimidating, or a hindrance to your regular running routine," Ator says. —KATIE NEITZ

"YOU HAVE TO CHALLENGE YOUR BODY IN ORDER TO CHANGE IT," ATOR SAYS. "BUT A LITTLE GOES A LONG WAY. WITH THIS WORKOUT, YOU'LL COMPLETE FEWER REPS, TRANSLATING TO A QUICKER, MORE EFFICIENT WORKOUT."

For best results, do both Workout 1 and Workout 2 (opposite page) every week. Perform them on nonconsecutive days.



Research shows that strength training can improve your running economy by eight percent.



FOR A VIDEO DEMONSTRATION, VISIT RUNNERSWORLD.COM/GETSTRONGER. AND FOR MORE ON WOMEN'S HEALTH'S "GET SOMEONE LIFTING" PROGRAM, SEE WOMENSHEALTHMAG.COM/GETSOMEONELIFTING.

WORKOUT 1

This 15-minute body-weight workout can be done any day of the week. Ator recommends doing it following a run as a cooldown; it will help increase your range of motion and

prevent muscle stiffness. In a pinch (say, you're traveling and can't make it to the gym), you can do this workout a second time that week instead of doing Workout 2.



REVERSE LUNGE WITH ROTATION

Step back with your left foot, and lower your body into a lunge. At the same time, rotate your upper body to your right. Rotate back to the front, then return to standing. Do 15 reps, then repeat on the opposite side.



NEGATIVE PUSHUP

Get in a pushup position. Slowly lower down to the floor, keeping your body in a straight line from heels to head. As your chest comes close to the ground, drop your knees and push up from the down position. Do 15 reps.



GLUTE BRIDGE

Lie on your back with your knees bent, feet flat on the floor, palms down. Raise your hips until your body forms a straight line from shoulders to knees. Contract your glutes and hold for two seconds, then return to start. Do 15 reps.



PLANK SWEEP

Start in a pushup position. Bring your left knee toward your right elbow. Then, sweep your knee across your body to the outside of your left elbow. Return to start, then repeat with your right knee. That's 1 rep. Alternate for 15 reps.



SCORPION

Lie facedown, arms out. Lift your left leg, bend that knee, and reach that leg back across your body. Touch your foot to the floor. Hold for two seconds, then return to start. Repeat on the right. Alternate for 15 reps on each side.

WORKOUT 2

This 20-minute workout requires a pair of dumbbells and an exercise bench. When choosing dumbbells, keep this in mind: Research shows that lifting a weight that you find challenging and taxing for fewer repetitions is best for developing strength and power. This means your muscles may feel sore the next day, especially if you are new to lifting. When scheduling your workouts, think of this routine in the same way you would a tough hill or

track workout; you should avoid doing this workout the day before or after a long run or on a rest day. The first time you do Workout 2, use lighter weights so you can focus on using proper form. Once you are comfortable with the moves, increase the weight so that you find it difficult to eke out the last few reps. "That's really crucial when it comes to building the type of power that's going to make you a stronger, faster runner," Ator says.



WEIGHTED HIP THRUST

With a dumbbell resting in the crease of your hips, sit on the floor with the bottom of your shoulder blades touching a bench. Drive through your heels and thrust your hips up toward the ceiling while contracting your glutes. Your torso should be parallel to the floor. Lower and repeat 8 to 10 times for 3 sets.



MODIFIED SINGLE-ARM BENT-OVER ROW

Hold a dumbbell in your left hand and place your right palm on a bench. Extend your torso and legs back so that you are in an elevated plank position. Brace your core and contract your glutes while rowing your left elbow back. Lower and repeat, doing 3 sets of 6 to 8 reps.



HALF-KNEELING OFF-SET OVERHEAD PRESS

Begin in a half-kneeling position, with a dumbbell in your right hand at shoulder level. Both hips and knees should form a 90-degree angle. While maintaining a tall posture, press the dumbbell overhead. Bring the weight back down in a slow, controlled movement. Do 3 sets of 6 to 8 reps.



SINGLE-LEG DEADLIFT

Hold a dumbbell in each hand with your arms extended down in front of your thighs. Hinge forward at your hips while lowering your torso until it's almost parallel to the floor and while extending your left leg back behind you. Pause, then return to standing. Do 3 sets of 8 to 10 reps on each leg.



GOBLET SQUAT

Stand with your feet hip-width apart and hold a dumbbell vertically in front of your chest, elbows pointing toward the floor. Push your hips back and bend your knees to lower into a squat, your elbows brushing the insides of your knees. Push yourself back to start. Do 3 sets of 8 to 10 reps.

Men's Health URBANATHLON

2 DISTANCES:

- > NEW SPRINT (3-5 MILES)
- > CLASSIC (10-12 MILES)

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HAVE TO GO
FAST, YOU
JUST HAVE
TO GO."**

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SHOE FINDER,
IT'S NOW EASIER
THAN EVER TO
DETERMINE
WHICH NEW
MODELS WILL
WORK BEST
FOR YOU.

BY JONATHAN BEVERLY & MARTYN SHORTEN, PH.D. PHOTOGRAPHS BY NICK FERRARI

START
HERE

DO YOU KNOW THE TYPE OF SHOE THAT WORKS WELL FOR YOUR SIZE, STRIDE, AND PREFERRED RIDE?

YES



Proceed directly to the grid below. Shoes are arranged in terms of cushioning, weight, sole height, flexibility, and stability features as measured in the RW Shoe Lab. You'll find lighter, less-supportive shoes in the bottom left and highly cushioned, more stable shoes in the top right. Shoes in the middle provide a balance of performance and protection features and can work well for many runners.

NO



Put yourself into a runner group using the table at right. When you've arrived at a color-coded group on the bottom of the table, locate it on the grid below. Shoes in that encircled group tend to work well for runners like you. Start with shoes well within your group, but feel free to consider models along the border or in a neighboring group.

SHOES IN THIS REGION ARE LIGHT, FLEXIBLE, AND WELL CUSHIONED WITHOUT STABILITY AND SUPPORT FEATURES.

MORE

"Reviewed Previously" shoes are well-known models, shown here for reference. Visit runnersworld.com/shoesearch to read reviews of them.



Saucony Kinvara 5
Reviewed Previously



Altra Torin 2.0
p. 104



Under Armour
Speedform Fortis
p. 104



Reebok One Cushion 3.0
p. 103



Asics Gel-Quantum 360
p. 103



Saucony Breakthru
p. 102



Zoot Del Mar
p. 102



BEST UPDATE
Brooks Glycerin 13
p. 102



Newton Motion IV
p. 106



BEST DEBUT
New Balance Vazee Pace
p. 104



361° Volitation
p. 103



Salming Distance
p. 106



Topo Athletic Magnify
p. 99



On Cloudcruiser
p. 98

SHOES IN THIS REGION OFFER A FIRM, CLOSE-TO-THE-GROUND RIDE WITH LITTLE WEIGHT AND FEW RESTRICTIONS ON FOOT MOTION.

LESS

LESS SHOE

A

C

B

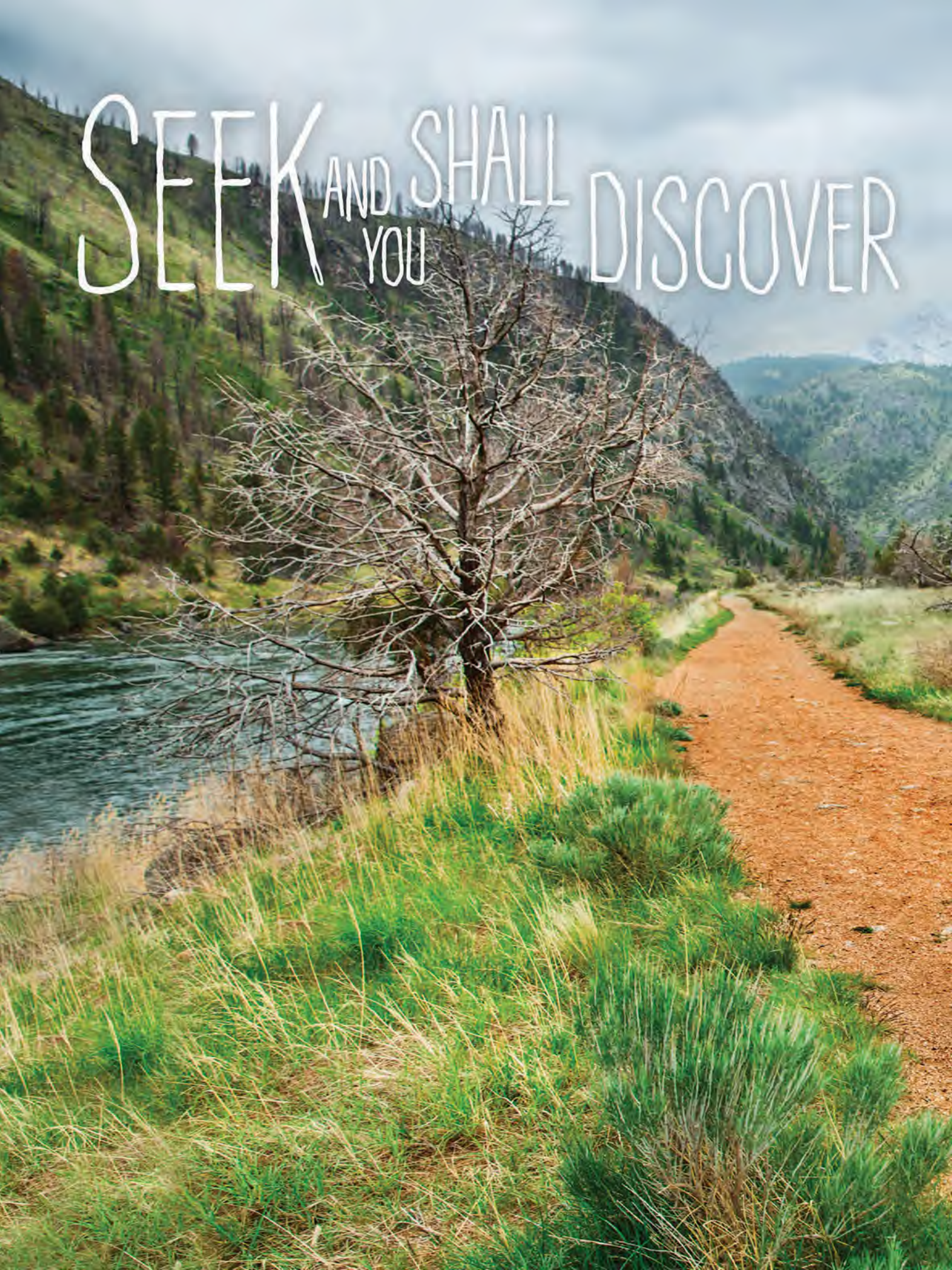
RUNNER GROUPS

WE ANALYZED DATA FROM MORE THAN 3 MILLION USERS OF THE RW ONLINE SHOE FINDER TO SORT RUNNERS INTO SEVEN GROUPS. RUNNERS IN EACH GROUP HAVE SIMILAR SHOE NEEDS BASED ON A FEW KEY VARIABLES.

BODY SIZE Body Mass Index is calculated from your weight and height, and offers a fairly reliable indication of body type. BMI = Weight (pounds) / (Height [inches]) ² x 703. Or use the calculator at runnersworld.com/bmi . Generally, the higher your BMI, the more shoe you need.	BMI < 23 <i>Examples:</i> <i>Under 160 lbs for 5'10" man</i> <i>Under 134 lbs for 5'4" woman</i>				BMI 23–27 <i>Examples:</i> <i>161–188 lbs for 5'10" man</i> <i>135–157 lbs for 5'4" woman</i>				BMI > 27 <i>Examples:</i> <i>Over 189 lbs for 5'10" man</i> <i>Over 158 lbs for 5'4" woman</i>			
RUNNING EXPERIENCE This includes how long you've been running and how much you run. Find your level here by estimating your average miles per week over the past year. The more you run, the more efficient you tend to become and, generally, the less shoe you need.	More than 20 miles per week		Fewer than 20 miles per week		More than 15 miles per week		Fewer than 15 miles per week		More than 10 miles per week		Fewer than 10 miles per week	
INJURY EXPERIENCE During normal training, do you tend to develop problems in your joints, bones, and connective tissue? Those with higher incidence of injuries tend to need shoes with more support. <i>Note: Shoes cannot cure injuries, and the causes of problems vary greatly. If you're battling persistent injuries, you should see a medical professional.</i>	No	Yes	Yes	No	No	Yes	Yes	No	No	Yes	Yes	No
GROUPS	A	B		C		B	D	E		D	F	G



SEEK AND SHALL DISCOVER
YOU



HOW STRONG YOU ARE.

Eduardo Garcia



Foraging chef, currently seeking to embrace life's challenges and run with them



BE A SEEKER > FIND YOUR STRONG
saucony®



See his story at saucony.com/findyourstrong



Rolls better with a repositioned rocker.



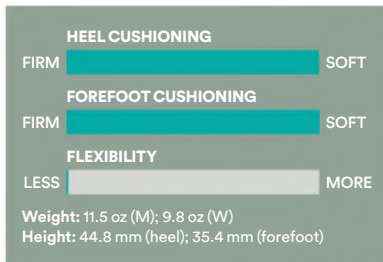
More cushioning softens the landing.



Hoka One One Stinson 3 \$160

The Stinson is the Big Gulp of the Hoka line, sporting the highest midsole and most supportive geometry. The ride in Hoka shoes is determined by the position and angle of the rocker, and Hoka adjusted the Stinson to better support your stance before you start rolling off the toe. Testers who wanted that level of support, particularly larger runners, gave the Stinson top marks; others found the shoe stiff and firm compared with other max-cushioned models.

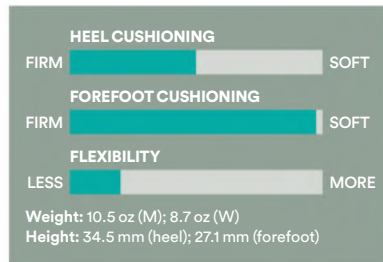
BOTTOM LINE: Superior support from the max of the maximals.



Saucony Omni 14 \$130

The Omni provides a wide, stable, and well-cushioned platform without being heavy or stiff. This year, Saucony removed the plastic shank from under the midfoot, but by filling in the arch and widening the heel, they retained stability with a smoother-rolling feel. A long wedge of firmer foam on the inside of the midsole prevents the foot from rolling too far inward. The new upper has a midfoot wrap that hugs the arch while flexing during the stride. Testers praised the comfort of both fit and ride.

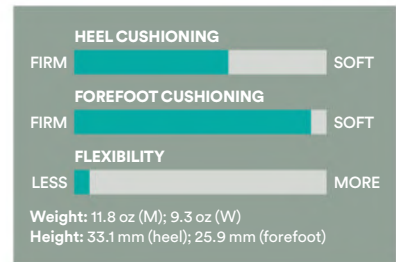
BOTTOM LINE: Smoothly stable.



Asics GT-1000 4 \$100

The GT-1000 delivers superior stability and support at an entry-level price. While it lives in the shadow of its plush sibling, the popular GT-2000, the GT-1000 more than holds its own for those who want a traditional stability shoe. The ride is cushioned but not squishy, with a plastic bridge to keep the midfoot from flexing and a large wedge of firmer foam on the inside to reduce over-rotation. The new upper combines two layers of mesh to provide support and breathability.

BOTTOM LINE: A value in performance.



+ NOW ON RUNNERSWORLD.COM

OTHER SHOES AND REVIEWS

In addition to the 26 in this guide, our website gives you access to hundreds of shoe reviews. Go to runnersworld.com/shoefinder to find more shoes that meet your needs in fit and performance.

VIDEO SPOTLIGHT

Runner's World Brand Editor Warren Greene (left) gives you the lowdown on each pair of running shoes reviewed in these pages. Watch and learn at runnersworld.com/shoevideos.

WOMEN'S SHOES

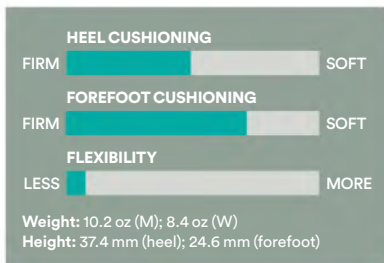
Because of space constraints in print, we show only the men's version. However, we do test and photograph the women's version of every model. Click "Female" at runnersworld.com/shoesearch.



Nike Zoom Vomero 10 \$140

The Vomero got speedy for its 10th anniversary. It's lighter, firmer, and less flexible, with more spring in the toe—a bit of a surprise for this once-plush model. But it all makes for a nice ride if you're rolling along at a tempo pace. Testers loved the fit of the woven mesh upper with flywire support around the midfoot, and the shoe won over a few who weren't previously fans of Nike.

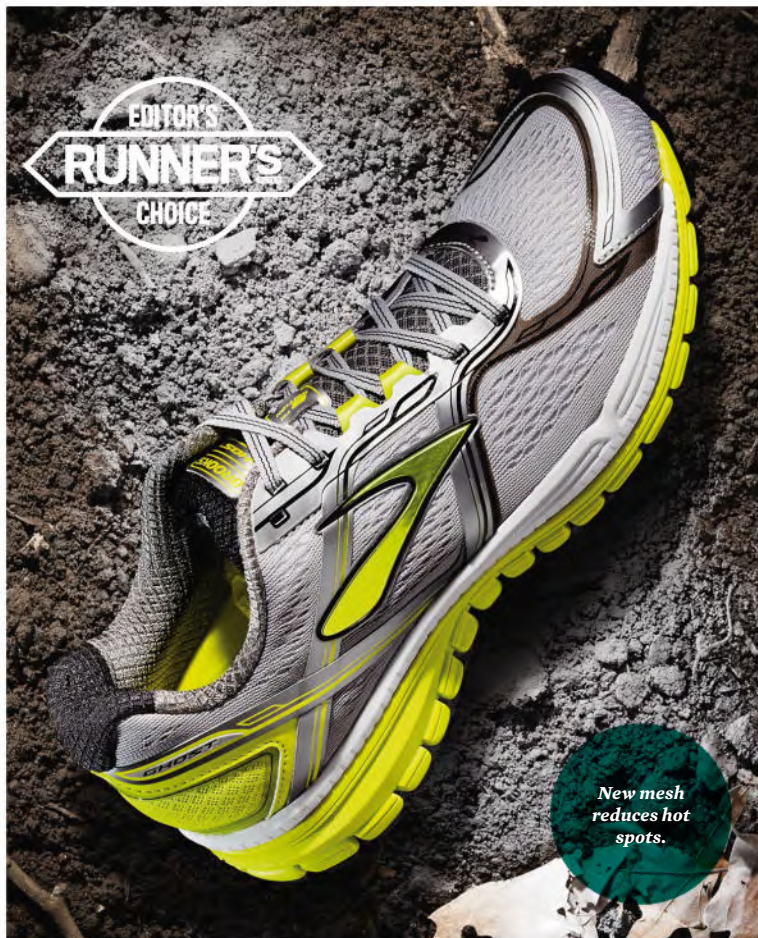
BOTTOM LINE: A fast-feel ride with a luxurious upper.



Skechers GORun Ultra Road \$110

Skechers's new maximal cushioning road model uses soft foam just beneath the foot for a comfy feel as you roll off the arch and sink into the forefoot. Somewhat firmer material near the ground provides stability and rebound. Open mesh over the toes and holes in the midsole for drainage make it comfortable on hot, long runs. Testers found the fit secure and the ride plush; some thought it tight in the forefoot.

BOTTOM LINE: Bouncy foot-coddling.



BROOKS GHOST 8 \$120

We put the Ghost 8 on 33 runners around the country. They gave it an overall score average of 6.6 out of 7, one of the highest ratings we've seen. Five of the previous seven editions have won awards, and Brooks wisely didn't change much in this update. The upper has a new "engineered" mesh, making it supportive in some areas and softer in others—like in the "bunion window" alongside the ball of your foot. The

crash pad has been extended along the full length of the outside of the foot to accommodate any landing and provide a smooth transition as the foot rolls forward. Our lab measured a reduction in flexibility, but only a few testers complained, and they noted that it improved with a few miles on them. The cushioning reduces shock but still gives a stable and responsive ride.

BOTTOM LINE: Stable, cushioned, comfy.

TESTER'S TAKE

NAME: Kelly Hartigan
AGE: 43
HEIGHT: 5'5"
WEIGHT: 150 lbs
MILES PER WEEK: 25
HOME: Allentown, PA
OCCUPATION: Client Associate



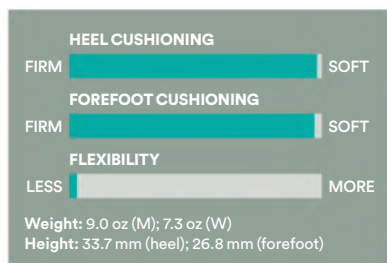
"The cushioning and support the shoe offered were fantastic. It was bouncy yet firm. My legs still had energy even after my long runs. The shoe molded nicely to my foot, while having room in the box for my toes. It's a little heavier than some, but with the weight comes stability and cushioning."



Hoka One One Clifton 2 \$130

Hoka didn't want to mess much with the formula that won the first Clifton an Editor's Choice award and a huge following. Hoka added some padding to the tongue and improved the heel counter and overlays to better hold the foot, while retaining the popular midsole and outsole. The tweaks added about 1.4 ounces, more than 10 percent of the original weight and enough to disappoint some testers.

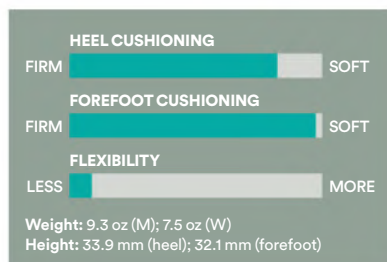
BOTTOM LINE: *Ultralight max cushioning.*



Altra Paradigm 1.5 \$130

Altra puts subtle stability in this max-cushioning model by making the sole wider on the arch side of the shoe and extending it up to wrap the inside of the heel. Testers noted the stable feel and reported that the ride was firm and responsive despite maxed-out cushioning. Our lab confirmed high energy return (bounce-back ability) from the compression-resistant foam.

BOTTOM LINE: *Flyweight, maximum cushioning without sacrificing stability.*



BEST
RUNNER'S
DEBUT

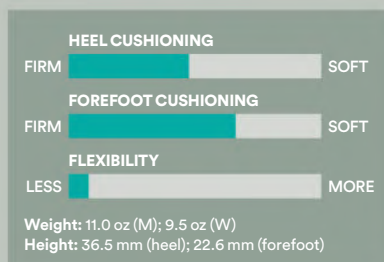
Overlays
lend support
without bulk.

PEARL IZUMI N3 \$130

When Pearl Izumi introduced its eMotion project shoes in 2013, runners liked the smooth-rolling feel, but they and the lab said the ride was hard for a cushioned trainer. The N3 corrects that, garnering praise from our testers. The plusher experience comes from putting in more midsole foam than ever and making the cloth

layer that ties the midsole to the upper more flexible than in previous eMotion models. The cushioning is still firmer than most in this category, but that is intentional, keeping you rolling quickly rather than sinking into a marshmallow. Testers praised both the fit of the flexible, one-piece printed upper that molded to their feet and the generous room in the forefoot.

BOTTOM LINE: *Plush your ride.*



TESTER'S TAKE

NAME: Kevin Davis
AGE: 25
HEIGHT: 5'11"
WEIGHT: 176 lbs
MILES PER WEEK: 20
HOME: Okemos, MI
OCCUPATION: Student



"I often hate training on asphalt because my ankles take a beating, but this shoe felt amazing and made me look forward to my days on the road. I don't like the feeling of other maximal cushioning shoes—these felt like a sweet spot. The ride was so smooth."

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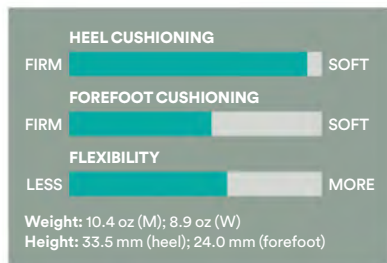
ASICSAMERICA.COM/GEL-QUANTUM-360



Adidas Response Boost 2 Techfit \$100

In 2013, Adidas rolled out its superior bouncy midsole material in a signature shoe that bears the Boost name. Now Adidas is inserting the material in all of its models. Here, large slabs of the cushy foam sit in the heel and forefoot of the venerable Response, giving it a tester-pleasing, well-cushioned ride, while retaining the model's midfoot stability with firmer foam and a plastic bridge under the arch.

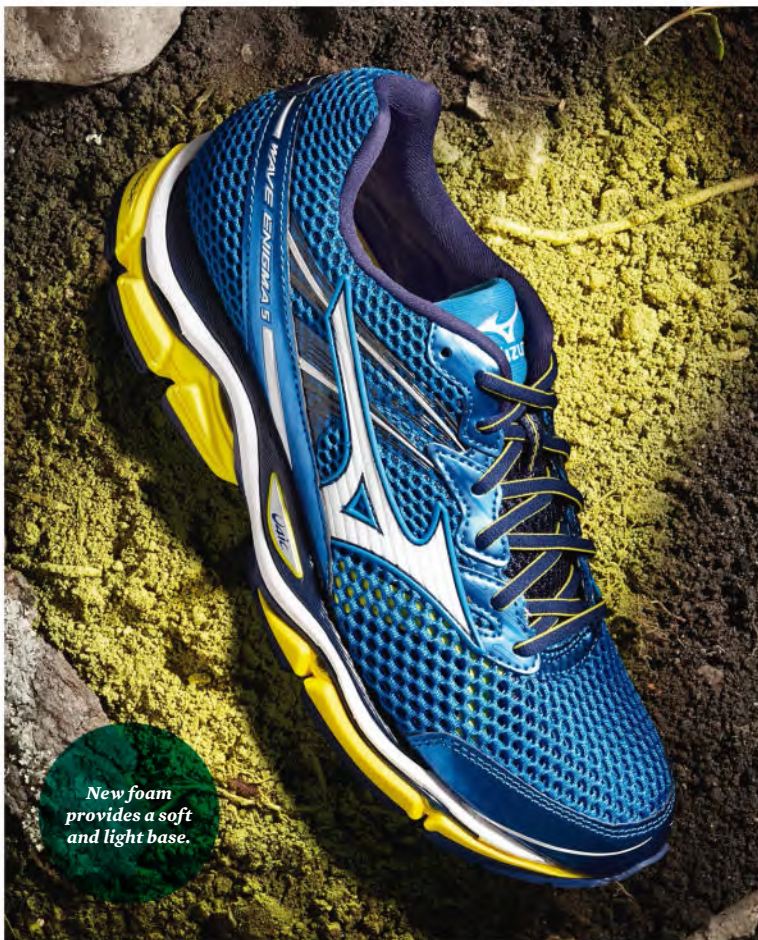
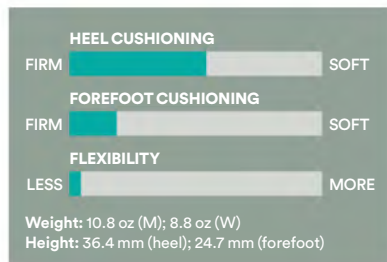
BOTTOM LINE: *Balanced bounce.*



On Cloudcruiser \$150

On's unusual-looking outsole—with open rubber pods that compress upon landing, lock, then spring back—solves the perennial problem of how to cushion without creating a squishy stance and push-off. The pods on the Cloudcruiser provide the most stability of all of On's shoes. A light and flexible plastic grid in the midsole smooths, balances, and stabilizes the ride.

BOTTOM LINE: *Swallows concrete, then spits it back.*

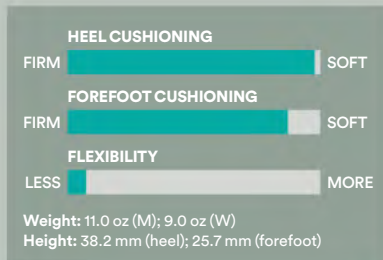


MIZUNO ENIGMA 5 \$150

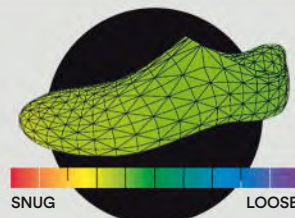
In this remake of its luxury model, Mizuno's traditional Wave plate—a plastic insert in the midsole—has been split into a springy U-shape in the forefoot to support the edges but not interfere with cushioning or flex.

The foam under that plate is softer than ever, nearly maxing out the cushioning scores. The upper is also new, a well-padded mesh (particularly around the ankle) with supportive overlays in the midfoot and an open toebox. It's a lot of shoe underfoot, yet the 12.5 mm of heel-toe drop and action of the Wave plate create a faster-rolling ride than others with similar cushioning and stability features.

BOTTOM LINE: *Heel-striker heaven.*



HOW IT FITS: Scans from Shoefit, a company that makes 3-D images showing how a shoe fits relative to the average shoe, reveal that the Enigma has no tight spots, with a roomy fit in the heel that gets slightly more snug through the midfoot and toe. This confirms testing that found it "true to size." To see scans of all shoes in this guide, visit runnersworld.com/shoeguide.

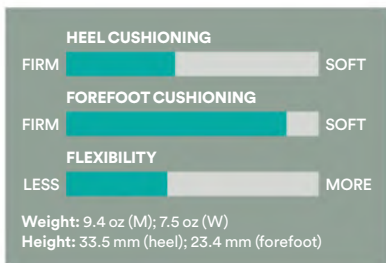




Nike LunarGlide 7 \$125

The LunarGlide serves as the supportive member of Nike's Lunar family, with a sturdy plastic external heel wrap and a wedge of firmer material on the inside of the midsole that provides more resistance the farther you roll inward. These elements and the thick Lunarlon foam, which doesn't squish much, make the shoe more stable than its light weight suggests. A refined upper drew praise.

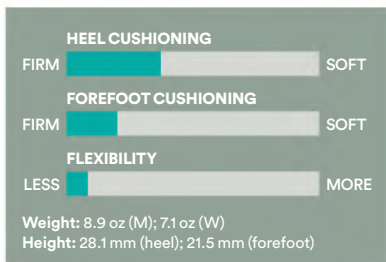
BOTTOM LINE: *Lightweight yet surprisingly solid and stable.*



Topo Athletic Magnify \$110

Topo's shoes are designed to allow a natural stride with a wide forefoot and moderate heel-toe drop. The Magnify, the plush model in the line, uses a softer insert in the outside of the midsole to cushion landings. A contoured foot-bed combines with the mesh upper to hug the foot. A few testers thought it just right, but those who wanted a cushioned trainer found it firm.

BOTTOM LINE: *Midlevel cushion in a natural-shaped wrapper.*

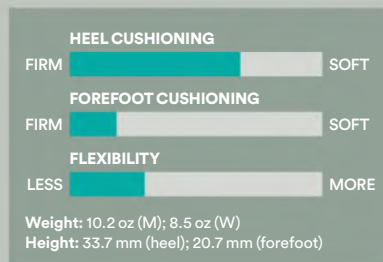


UNDER ARMOUR CHARGED BANDIT \$100

This light stability model from Under Armour gives a unique ride from a thick, stable heel and a low, firm, flexible forefoot. Higher-density foam and a long plastic arch under the inside of the heel keep the ankle from rolling inward, while a layer of bouncier foam on the outside of the heel and under the forefoot provides energy return.

Testers praised the fit of the mesh upper with smooth, seamless overlays adding structure, but they were mixed on the low, padded ankle wrap, with some finding it too tight on their Achilles. They felt it best suited for shorter, faster runs due to the firmness of the ride. Those who want a fast-but-stable model get a lot of tech at an entry-level price.

BOTTOM LINE: *Speedy stability.*



TESTER'S TAKE

NAME: Scott Muske
AGE: 49
HEIGHT: 5'8"
WEIGHT: 185 lbs
MILES PER WEEK: 45
HOME: San Diego, CA
OCCUPATION: VP of Business Development



"The Charged Bandit is a nice lightweight shoe that has good stability and cushion. The fit felt very natural and flexible. I ran two 5Ks in them—they gave great overall comfort and I felt no issues with my knees or feet."



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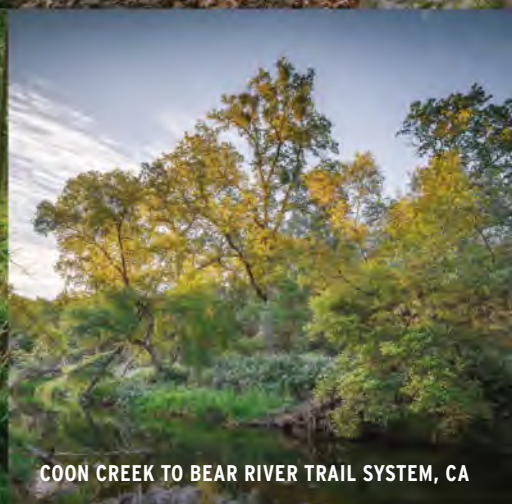
APPALACHIAN TRAIL AT BEAR MOUNTAIN, NY



COAST TO CREST TRAIL, CA



MIDDLE FORK TRAIL, WA



COON CREEK TO BEAR RIVER TRAIL SYSTEM, CA



VIOLET CROWN TRAIL, TX

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Zoot Del Mar \$140

The Del Mar is a lot of shoe, and that's the point. Two layers of foam underfoot provide cushioning and stability, the wide sole's thick rubber pods lend traction and durability, and plush padding around the heel and tongue coddles the foot. Testers praised the seamless, no-sew upper. "It felt like I was putting my feet into slippers," said John Spink of Okemos, Michigan.

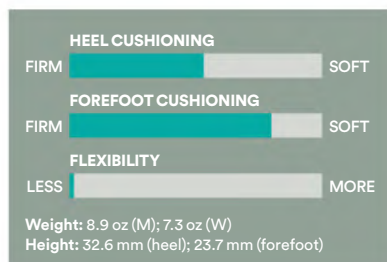
BOTTOM LINE: *Max comfort around and below the foot.*



Saucony Breakthru \$100

Saucony launched its new Breakthru model to fill a gap between its Ride (a more solid training shoe) and the soft, lightweight Kinvara. The single-density midsole cushions well but is firmer and less flexible than most Sauconys, designed to produce more pop for a fast turnover. Testers wished for more flexibility but praised the shoe's wide stance.

BOTTOM LINE: *Snappy ride with wide support.*

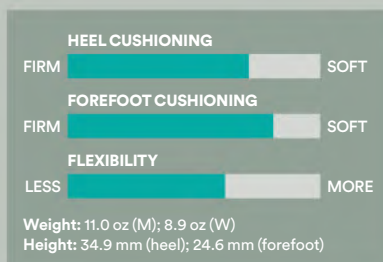


BROOKS GLYCERIN 13 \$150

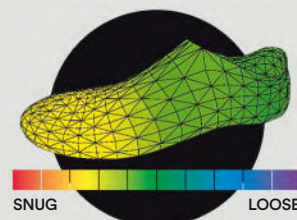
Brooks made a good shoe great with this update to its premier neutral cushioning model. With no reduction in cushioning, Brooks deepened the grooves in the midsole, significantly improving the flexibility—it tied for the easiest to bend in this guide—and creating a shoe that coddles while delivering high performance.

"Overall, it provided both comfort and support," said José Brown of Laingsburg, Michigan. "Usually comfort shoes are too squishy." The unique upper won unanimous praise. It stretches and molds around your foot, letting it flex where it wants to, with printed overlays and a more substantial midfoot wrap providing support where needed.

BOTTOM LINE: *Plush performer.*



HOW IT FITS: The Shoefitr 3-D scan reveals that the Glycerin has a generous heel but a toe-hugging fit up front. That fit didn't bind any testers, however, even those with bunions, due to the give of the stretchy fabric. "I specifically liked the toebox and the elasticlike material that stretched as your toes moved," said Tim Churetta of Northampton, Pennsylvania.

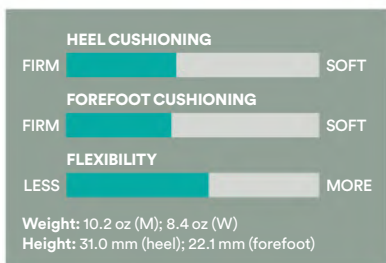




361° Volitation \$110

"I put this shoe on and forgot about it," said Janice Spodarek of Okemos, Michigan. "It was there, it performed, and it was invisible. Perfect." That same invisibility, however, caused some testers to rate the shoe "average." Moderate cushioning, stable midfoot, midlevel heel-toe drop, and good flexibility provide a classic ride with bounce from 361°'s rubber-infused foam.

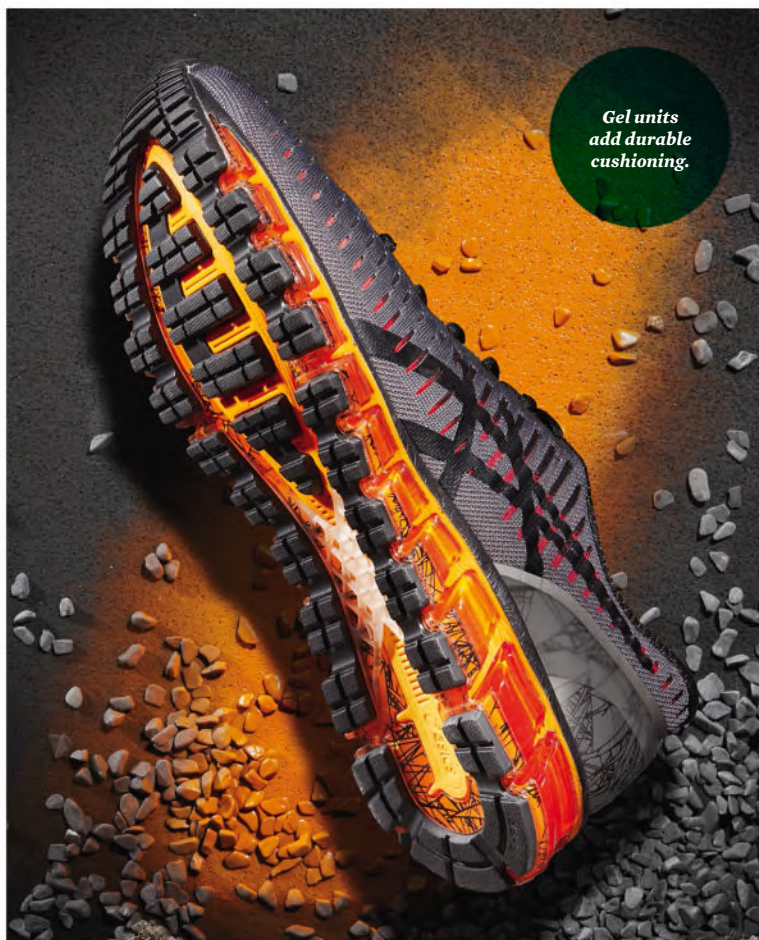
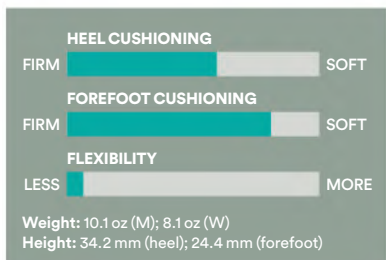
BOTTOM LINE: *Classic performer hits all the right notes.*



Reebok One Cushion 3.0 \$120

The upper stood out in this update: Lighter, more flexible, and made of a breathable mesh with a "hot melt" mid-foot frame integrated into the weave, it wraps the foot comfortably and securely. Underneath, the thick, durable outsole is broken into pods to reduce weight. Three-density cushioning puts the softest foam in the heel and the firmest in the forefoot; some testers still felt the heel was a bit clunky and firm.

BOTTOM LINE: *Improved fit, average ride.*

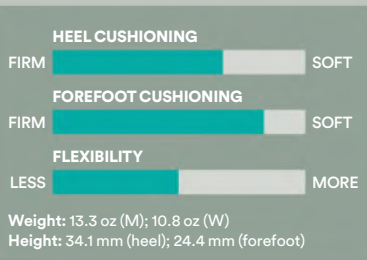


ASICS GEL-QUANTUM 360 \$170

Like a concept car, the Quantum 360 is designed to draw attention, with its full perimeter of visible Gel cushioning units. The surprise is that it runs well, too. Those Gel units are tuned to different densities—cushier on the outside, firmer on the inside for more support—and are tied together with a plastic plate that provides stability in the midfoot and a surprisingly flexible, springy ride in the forefoot.

Testers raved over the cushioning and fit of the two-layer upper that wraps and flexes with the foot. A rigid plastic cup secures the outside of the heel, making sure the back of the foot stays stable. And while all commented on the weight, only a few wear-testers found that it overshadowed the overall benefits of the shoe.

BOTTOM LINE: *Cutting-edge tech delivers tuned ride.*



TESTER'S TAKE

NAME: Hillary Hartzell
AGE: 31
HEIGHT: 5'4"
WEIGHT: 125 lbs
MILES PER WEEK: 30
HOME: Danielsville, PA
OCCUPATION: Teacher



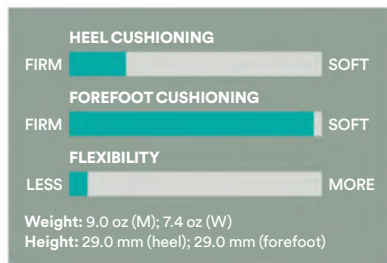
"The Quantum is a very comfortable shoe because of the soft Gel that gives long-lasting cushioning. It fit me perfectly in all aspects: toes, forefoot, and heel. It's a very sturdy shoe that gives the right amount of support."



Ultra Torin 2.0 \$125

The Torin's soft forefoot lets the ball of your foot sink in to the shoe, creating a more mainstream ride than expected from the zero-drop midsole (constructed with the heel the same height as the toe). This version has an even wider, more squared-off toebox than previous versions, giving little piggies more breathing room. Most testers praised the roominess, while some found that it made for a sloppy fit.

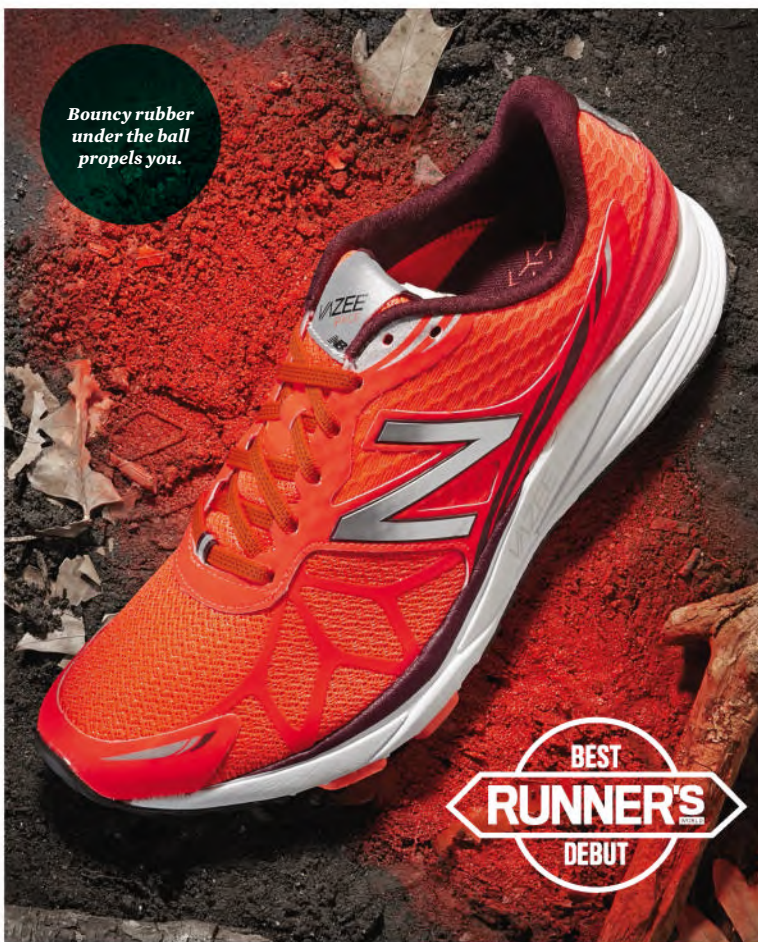
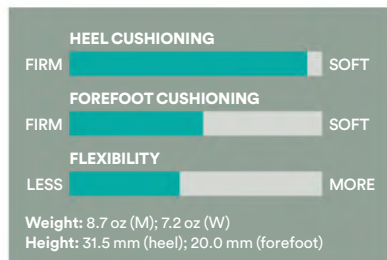
BOTTOM LINE: *Plush with extra toe room.*



Under Armour Speedform Fortis \$110

The Fortis is designed as a "fitness" shoe, meaning it will transition nicely from a run to side lunges or plyometric hops, due to its wide, flexible sole that cushions in multiple directions. Our testers said that didn't detract from its running credentials, giving it high marks in cushioning and comfort and raving about the fit. A molded, seamless cup cradles your heel and ties into the stretchy upper.

BOTTOM LINE: *Versatile, socklike comfort.*



NEW BALANCE VAZEE PACE \$110

The Vazee Pace, another award-winning lightweight trainer, continues New Balance's transition in image from "shoes for chubby white guys" (thanks, *SNL*) to a leader in the fast, performance category. Similar in shape to the Fresh Foam Zante, with a high arch and strong upturn in the toe, the Vazee Pace uses a different midsole material—Revlite—to provide a firmer, bouncier ride. The outsole is split into multiple pads, with durable carbon rubber under the heel and toe, and responsive blown rubber under the ball. The upper, a simple mesh with thin welded overlays for support, holds the foot nicely without binding anywhere. Testers praised the balance between weight and cushioning.

BOTTOM LINE: *Go fast or long in comfort.*



TESTER'S TAKE

NAME: Tim Becker
AGE: 44
HEIGHT: 5'9"
WEIGHT: 152 lbs
MILES PER WEEK: 45
HOME: Fowler, MI
OCCUPATION: Health and Human Services



"The Vazee Pace has the weight of a racing flat combined with the durability of a long-run trainer. Very comfortable ride with surprisingly ample cushioning. This shoe is built for speed and built to last, showing little wear after more than 200 miles."

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When running, your body naturally **leaves** its path of least resistance.

Support shoes help you back on track.



THE EXPERIENCE YOU WANT



SHOES YOU'LL LOVE

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Soft and protective, these shoes cushion each step and let you glide through your run.

ENERGIZE ME

Responsive and springy, these shoes add a lift to every stride.

CONNECT ME

Lightweight and flexible, these shoes create a natural connection to the run.

PROPEL ME

Built for speed, these low-profile, race-day shoes propel you to the next level.





Angled flex grooves roll right.

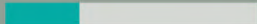


Salming Distance \$155

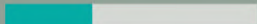
A Swedish brand making its U.S. debut, Salming markets itself as “No Non-sense Running.” The Distance, its most supportive trainer, has a low heel-toe drop and a firm, responsive ride—not unlike the tight, performance-oriented suspension of a European sports car. A molded external heel cup, three-layer upper, and plastic midfoot bridge add stability and light control. The stiffness of the upper dampened testers’ opinions of these shoes, but they found the ride and durability to be excellent.

BOTTOM LINE: Light, firm speedster.

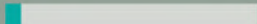
HEEL CUSHIONING

FIRM  SOFT

FOREFOOT CUSHIONING

FIRM  SOFT

FLEXIBILITY

LESS  MORE

Weight: 8.7 oz (M); 7.0 oz (W)

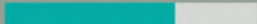
Height: 26.7 mm (heel); 20.1 mm (forefoot)

Newton Motion IV \$175

Don’t be distracted by those forefoot lugs, thinking this shoe forces an unnatural forefoot strike. The Motion IV is nicely cushioned from stem to stern with a moderate heel-toe drop that testers said accommodated any stride. The lugs are more carrot than stick, providing a pop on push-off when you get your weight balanced forward. The upper on this fourth version of the Motion has a socklike fit from engineered mesh, and extra foam under the arch provides support.

BOTTOM LINE: Light, supportive with pop.


HEEL CUSHIONING

FIRM  SOFT

FOREFOOT CUSHIONING

FIRM  SOFT

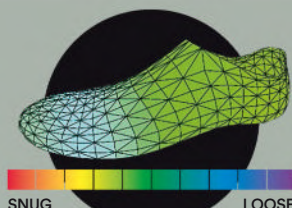
FLEXIBILITY

LESS  MORE

Weight: 10.1 oz (M); 8.1 oz (W)

Height: 35.5 mm (heel); 27.4 mm (forefoot)

HOW IT FITS: The Shoeitr 3-D scan shows that the Distance has a moderately wide fit at the ball of the foot and plenty of length. Salming says this allows for a more natural toe splay—widening out as the force of a stride rolls onto the forefoot. Testers reported that the shape fit the form of their feet well, but some found the layered support straps too constrictive.



HOW WE TEST THE TIME, SWEAT, AND SCIENCE THAT GO INTO EVERY RW SHOE REVIEW

To produce this guide, we recruited more than 400 wear-testers in Lehigh Valley, PA, East Lansing, MI, San Diego, and Chase County, NE, to run in these shoes and provide us with feedback. We also conducted the following mechanical tests on each model at the RW Shoe Lab, an independent facility in Portland, OR. For more on our methodology, see runnersworld.com/how-we-test.



CUSHIONING

A machine called an impact tester repeatedly drops a disk weighing 18.7 pounds—the average weight of the lower leg—onto the heel and forefoot of a shoe from a height of two inches. The lab records the force of impact and how much the midsole compresses.



FLEXIBILITY

To show how smoothly a shoe will move with the foot from heel-strike to toe-off, we secure the forefoot to a machine that bends it 45 degrees—about how much a foot naturally flexes while running—60 times in 20 seconds. The force required to do this indicates pliability.



HEIGHT AND WEIGHT

We list weights for men’s size 9 and women’s size 7. We also measure stack height—accounting for outsole rubber, midsole foam, and sockliner. Then we cut away the upper and use a digital contact sensor (above) to determine “drop,” the difference between heel and forefoot thicknesses.

thank you first of many

photo by @bubritt85

thank you running

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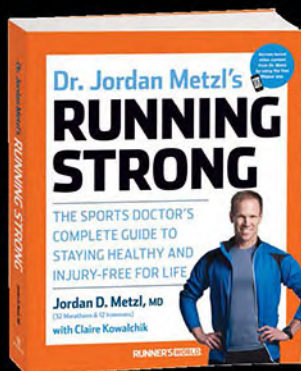


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CELEBRATE

Drink where Jack Kerouac drank: Visit Gunther's Tap Room, a dive bar on Main Street the author frequented when he lived in Northport (1958 to 1964). guntherstaproom.com

● The grazing bovines that gave Great Cow Harbor its name no longer occupy the land along the waterfront in Northport, New York, a small town on Long Island Sound. Yet despite the development that has replaced those pastoral scenes, the area retains its beauty. In mid-September, when The Great Cow Harbor 10K takes place, the crisp air and late-summer light on boats in the harbor give Northport the feel of a New England fishing village. Only 7,405 people live here, but the place swells when 25,000 spectators show up to cheer the 4,000-plus runners tackling the point-to-point, rolling course. On the next page, runners explain the attraction of this classic event. ➔

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RUNNERS REVIEW

THE GREAT COW HARBOR 10K

● A FAST START...

"The first mile, which is mostly downhill, can be a nice way to ease into the race if you're careful not to use much energy. Every year, I see people flying down the road unaware that they're heading for the [half-mile-long, five-percent-grade] hill on James Street... and Armageddon."

—DON FIZZINOGLIA, 65, NORTHPORT, NEW YORK

● ...AND A FAST FINISH

"If you stay in control early on and attack the second half of the course, you can run a fast time here. Everybody gets psyched out about the James Street hill, but you still have more than four miles to run after you crest it. And the race is a net downhill, which is why a lot of people have PRs on this course, despite its reputation as hilly."

—TIM MURPHY, 44, RONKONKOMA, NEW YORK

● ADORING FANS

"Normally, Northport's streets are pretty quiet. But on Cow Harbor race day, there are people cheering you on, ringing cowbells, and blasting music from their front lawns and driveways. And the energy at the finish line on Main Street is amazing. As you're descending into town, you pass the old movie theater—now a community theater—antique stores, and coffee shops, and the sidewalks in front of them are packed with people rooting for you. You can't help but pick up the pace a notch."

—MIKE BAARD, 60, MERRICK, NEW YORK



● LOCAL SUPPORT

"Northport has a community feel that seems harder to find these days. The elite athletes stay with host families, which gives us a more authentic, local experience. I've made friends there."

—ALISHA WILLIAMS (PRO RUNNER, NINE-TIME COW HARBOR FINISHER), 33, GOLDEN, COLORADO

● SPECTACULAR SCENERY

"As you catch your breath at the top of the first hill, it's almost taken away again by a view of Northport Bay. You're on the cusp of the water and the land, of the summer and fall, of elevation and descent."

—JOHN HANC (RW CONTRIBUTOR), 60, FARMINGDALE, NEW YORK

INDULGE



Get sugared-up posttrace at Copenhagen Bakery. "The owner is a member of the local running club," pro runner Williams says. "The cookies are incredible—try the chocolate chip." copenhagenbakery.net

Destined for...You Know Other "great" races to run this fall



GREAT EASTERN STATE BREAKOUT RACE

This mostly flat, looped 5K past historic row homes begins and ends just outside Eastern State Penitentiary, a prison-turned-museum built in 1829. (In fall, it's America's largest haunted house.)

October 10, Philadelphia
breakout5k.com



GREAT SMOKY MOUNTAINS HALF MARATHON

This tranquil, rolling course follows shady, wooded roads along the Little River and finishes less than a mile from Great Smoky Mountain National Park.

September 12, Townsend, TN
greatsmokymountainhalfmarathon.com



THE GREAT COLUMBIA CROSSING

Traverse North America's longest continuous truss bridge (4.1 miles) in this point-to-point 10K. Expect views of the Astoria waterfront and the Oregon Coast Range, plus one steep climb before mile five.

October 11, Astoria, OR
greatcolumbiacrossing.com

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gummy bears and Oreos. If you crave more than just a single serving, enter the postrace FroYo eating contest.

September 6, San Francisco, thefroyorun.com

COOL COURSE

Grand National People Chase

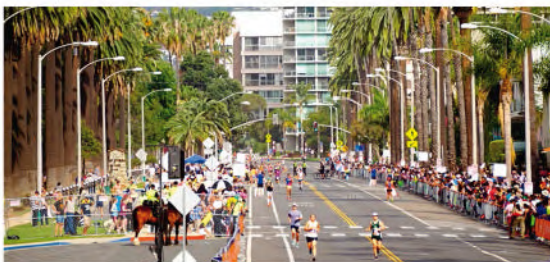
Humans gallop over and through 28 obstacles similar to ones that show-jumping horses face during this hilly 5K on 263-acre Loch Moy Farm.

September 13, Adamstown, MD, lochmoyfarm.com

DON'T MISS IT

The **2016 L.A. Marathon**, typically held in March, will take place early to coincide with the U.S. Olympic Marathon Trials (February 13). Register September 1 and cheer on the pros the day before you race.

February 14, 2016, Los Angeles, lamarathon.com



THE PODIUM

Three feats to cheer ● Gunhild Swanson, 70, is now the oldest female to finish the 100-mile Western States Endurance Run—she beat the 30-hour time limit by six seconds. ● High-school sophomore **Candace Hill** ran 10.98 in the 100 meters to become the first female teen in the world to break the 11-second barrier. ● Michael Westphal, 58, who has been battling Parkinson's disease since 2006, qualified for Boston with a 3:32:56 marathon despite two falls.



TRENDING

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Celebrate the season with these fall harvest runs.

APPLE HARVEST RAMBLE 10- AND FIVE-MILER

Runners pass orchards and woods—and climb several lengthy hills—to earn their postrace eats: Chef Paul, the local school district's well-known cook, treats finishers to his harvest soup and fresh bread.

September 26, Harvard, MA
harvardraces.org

THE ADAMS APPLE ORCHARD TWO-MILE OR 5K RUN

Choose either flat loop through Adams Apple Orchard, 10 miles outside Burlington. Every runner gets a bag to load up with fresh-picked apples postrace.

September 27, Williston, VT
racevermont.com

SCRUMPY SKEDADDLE 5K AND 10K

Of-age finishers earn a postrace cup of J.K.'s Scrumpy Hard Cider, made from organic apples grown along these flat, point-to-point courses. Race swag includes a mason jar and a medal that doubles as a bottle opener.

October 4, Flushing, MI
runscrumpy.com

RUN FOR THE APPLES FIVE-MILER

You'll run a hilly loop through strawberry fields, the pumpkin patch, and rows of apple trees at Pine Tree Orchard, located northeast of Minneapolis. Top age-group winners receive apple pies.

October 17, White Bear Lake, MN
frontrunnerusa.com

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• CONTINUED FROM PAGE 77

a result of runners like Michael Clinch, 33, of the San Diego Track Club, who runs cross-country because it is fun, is low-key, and offers a team experience. “With cross country, the races are shorter and off-pavement, so I can keep racing with less downtime. If I have a bad race day, although my local rivals will let me hear about it, it doesn’t matter. There’s another race in a couple weeks.”

“Cross country brings closer connections than a road race does,” says Greer. “It’s a tougher event, so there is more of a reward.” He believes you have more in common with your competitors. “In a road race, there are walkers, baby strollers, runners all together. You pay your 35 bucks, do your thing, and go home. At a cross-country meet, people

go through a lot together. So people stay around. They get to know each other’s names. When they leave, they say ‘God, that was fun.’ And the races are often cheap, like \$10 to \$15. Then they go tell their friends and coworkers. And they come back.”

I will see this phenomenon for myself at the after-party at the Best Western. It is like the fittest, rowdiest wedding reception I will ever attend. Before the night is over, there will be impromptu Greco-Roman wrestling matches on the ballroom’s carpeted floor, several versions of The Worm, and stage diving onto the dance floor. Twelve kegs of free beer will flow into a beautiful crowd with more stamina than inhibition.

“Maybe this is why so many great runners are married to other great runners,” jokes Lehigh University’s Women’s Cross Country head coach Deb Utesch as we watch the merry mayhem play out before us on the dance floor. She may know something about that—her husband, Matt, is the head track-and-field coach at Lehigh.

WITH ALL THIS LOVE in the air, why don’t even more runners try a cross-country race?

“Women seem to fear the unpredictability of it compared with road races, or getting hurt tripping on the trail in a pack of runners,” says Jeanine B. Holmlund, coach

of the Piedmont (California) High School cross-country team and an avid participant in the grand prix race series of Pacific Association, the largest of the 57 member associations of USA Track & Field.

Men? “They fear not being fast enough,” Holmlund says. “They don’t think they can keep up in the smaller races with the hardcore cross-country guys.” I have gotten banged up on trail runs before, so I know it’s not just women who fear the bumps and bruises of a race. But she’s right about the fast dudes. My race is considered by many to be the year’s most competitive masters race in the U.S. at any distance, on any surface.

Even though I finish 513th out of 595 masters men, my finish is one to remember. Near the end of the course is a steady downhill of grass and dirt that’s in about the same shape I am—not manicured but fairly well taken care of, with the occasional bulge, knob, and slick spot.

There, I spring into action and apply a trick I learned from reading cross-country coaching books—to shorten my stride, lean slightly forward, and attack the downhill with momentum, rather than trying to use the incline to recover my wind from the rigors of the uphill.

As I charge into (Continued on page 120)

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OCT 4 - OctoHalf Half Marathon

Hatfield, PA

Contact: ACT Sports Management,

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info@octohalf.com

www.octohalf.com

OCT 17-18 - Amerihealth NJ AC Marathon, Half Marathon, 10K & 5K

Atlantic City, NJ

Contact: It's Cooler at the Shore!,

501 N. Jerome Ave., Margate, NJ 08402.

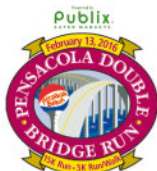
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www.keywesthalfmarathon.com

SOUTH ATLANTIC

SEP 7 - 37th Annual Franklin Classic, 10K, 5K & 1K Kid's Fun Run

Franklin, TN

Contact: Brittney Jerkins,

Mercy Community Healthcare,

1113 Murfreesboro Road, Suite 319,

Franklin, TN 37064.

(615) 790-0567 ext. 240

brittneyj@mercytn.org

www.franklinclassic.org

OCT 3-4 - Crawlin' Crab Half Marathon, 5K, 1K & Challenge

Hampton, VA

Contact: J&A Racing,

3601 Shore Drive, Virginia Beach, VA 23455.

(757) 412-1056

info@crawlinrabhalf.com

www.crawlinrabhalf.com

OCT 10 - Historic Georgetown Bridge 2 Bridge Run Half Marathon, 12K, 5K & Kids Fun Run

Georgetown, SC

Contact: Laura Hutto,

P.O. Box 556, Georgetown, SC 29442.

(843) 240-3451

gtownbridge2bridgerun@gmail.com

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OCT 16-17 - 11th Annual Neuse River Bridge Run, Half Marathon, 10K, 5K & Kids' Race

New Bern, NC

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NORTH ATLANTIC

SEP 6 - Gatorade/Steelers 5K

Pittsburgh, PA

Contact: Pittsburgh Steelers,

100 Art Rooney Ave., Pittsburgh, PA 15212.

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5k@steelers.com

www.steelers.com/5k

SEP 20 - Navy Air Force Half Marathon & Navy 5 Miler

Washington, DC

Contact: Joint Base Anacostia Bolling MWR,

12 Brookley Ave., Washington, DC 20032.

navyairforcehalfmarathon@gmail.com

www.navyairforcehalfmarathon.com

SEP 27 - Richard S. Caliguiri City of Pittsburgh Great Race, 10K, 5K & Fitness Walk

Pittsburgh, PA

Contact: Brian Katze, Race Director,

465 City-County Building, 414 Grant Street,

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OCT 17-18 - Myrtle Beach Mini Marathon - Half Marathon, Coastal 5K & Doggie Dash

Myrtle Beach, SC
Contact: Continental Event & Sports Management,
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info@runmyrtlebeach.com
www.runmyrtlebeach.com

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OCT 18 - 7 Bridges Marathon, Half Marathon, 5K & 1K

Chattanooga, TN
Contact: Ken Radley,
 Coolidge Park.
 (423) 400-6897
director@sceniccitymultisport.com
www.sevenbridgesmarathon.com

OCT 31 - Anthem Wicked 10K

Virginia Beach, VA
Contact: J&A Racing,
 3601 Shore Drive, Virginia Beach, VA 23455.
 (757) 412-1056
info@wicked10k.com
www.wicked10k.com

NOV 7-8 - Outer Banks Marathon & Southern Fried Half Marathon, 8K, 5K, Fun Run & Southern 6

Kitty Hawk, NC
Contact: Race Director,
 P.O. Box 265, Kill Devil Hills, NC 27948.
 (252) 255-6273
info@obxse.org
www.outerbanksmarathon.org
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NOV 8 - Port City Orthopaedics Battleship Half Marathon & 5K

Wilmington, NC
Contact: Ed Fore,
 P.O. Box 3434, Wilmington, NC 28406.
 (910) 398-5539
edfore7628@bellsouth.net
www.5starraceproductions.com

NOV 14 - Anthem Richmond Marathon, Half Marathon & 8K

Richmond, VA
Contact: Race Director,
 100 Avenue of Champions,
 Richmond, VA 23230.
 (804) 285-9495
marathon@sportsbackers.org
www.richmondmarathon.org

NOV 21-22 - Blue Moon Harbor Lights Half Marathon, 5K, 1 Mile & Challenge

Norfolk, VA
Contact: J&A Racing,
 3601 Shore Drive, Virginia Beach, VA 23455.
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info@harborlightshalf.com
www.harborlightshalf.com

DEC 6 - Divas® Half Marathon & 5K in St. Augustine Beach

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JAN 17, 2016 - Naples Daily News Half Marathon

Naples, FL
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psilverman@aol.com
www.napleshalfmarathon.net

FEB 7, 2016 - Publix Florida Marathon & Half Marathon

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www.mbmarathon.com

MAY 1, 2016 - Divas® Half Marathon & 5K in North Myrtle Beach

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NORTH CENTRAL

SEP 25-26 - Grand Forks Wild Hog Half Marathon, 10K, 5K & 1K Family Fun Run

Grand Forks, ND
Contact: Race Director,
 PO Box 14867, Grand Forks, ND 58208-4867.
 (800) 545-4129
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SEP 26 - Akron Marathon (Rubber City Race Series), Marathon, Half Marathon, Team Relay & Kids Fun Run

Akron, OH
Contact: Brian Polen, Race Director,
 453 S. High St., Suite 301, Akron, OH 44311.
 (877) 375-2786
info@akronmarathon.org
www.rubbercityraceseries.org

SEP 26 - Pancake Day Fun Run, 10K, 5K & 2.1 Mile

Centerville, IA
Contact: Sarah Fynaardt,
 1 St. Joseph Dr., Centerville, IA 52544.
 (641) 437-4422
sfynaardt@mercydesmoines.org
www.mercycenterville.org

OCT 17 - Fargo Mini Marathon, Half Marathon, 10K & 5K

Fargo, ND
Contact: Mark Knutson,
 405 W Main Ave., #1-D,
 West Fargo, ND 58078.
 (701) 238-1900
mark@gofarevents.com
www.fargominimarathon.com

OCT 17-18 - IMT Des Moines Marathon, Half Marathon, Relay, 5K & Kids Run

Des Moines, IA
Contact: Chris Burch,
 526 39th St., Des Moines, IA 50312.
 (515) 288-2692
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SOUTH CENTRAL

SEP 19-20 - Plano Balloon Festival Half Marathon, 5K & 1K presented by Advil

Plano, TX
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jay.lewis@chilepepperfestival.org
www.chilepepperfestival.org

NOV 21 - White River Marathon For Kenya, Marathon, Half Marathon & 5K

Cotter, AR
Contact: Paul Gigliotti,
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JAN 9, 2016 - Mississippi Blues Marathon, Half Marathon, Quarter Marathon & Relay

Jackson, MS
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Baton Rouge, LA
Contact: Danny Bourgeois,
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mary@project-blue.org
www.jailbreakrun.org

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bigcottonwood@runrevel.com
www.runrevel.com

OCT 9-11 - Lake Tahoe Marathon & Half Marathon, 3 Marathons, 4-Person Marathon Relay, 3 Half Marathons, 20 Miler, 10K, 5K, 72 Mile Ultra, Double Marathon, Kids Fun Run, 5 Mile Kayak and SUP & Swim Races

South Lake Tahoe, CA
Contact: Les Wright,
P.O. Box 20000, South Lake Tahoe, CA 96151.
(530) 559-2261
leswright@sbcglobal.net
www.runtahoe.com

NOV 8 - City of Santa Clarita Marathon, Half Marathon, Relay, 5K & Kid's Run

Santa Clarita, CA
Contact: Patrick Downing,
20880 Centre Pointe Pky.,
Santa Clarita, CA 91350.
(661) 250-3783
pdowning@santa-clarita.com
www.scmarathon.org

JAN 17, 2016 - Maui OceanFront Marathon, Half Marathon, 15K, 10K, 5K & The Free Cookie Fun Run

Lahaina, HI
Contact: Les Wright,
P.O. Box 20000, So. Lake Tahoe, CA 96151.
(530) 559-2261
runmaui@gmail.com
www.runmaui.com

JAN 17, 2016 - Tri-City Medical Center Carlsbad Marathon, Half Marathon & Kid's Run

Carlsbad, CA
Contact: In Motion, Inc.,
6116 Innovation Way, Carlsbad, CA 92009.
(760) 692-2900
info@inmotionevents.com
www.carlsbadmarathon.com

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FEB 14, 2016 - Lost Dutchman Marathon, Half Marathon, 10K & 8K Trail Run

Apache Junction, AZ
Contact: Lost Dutchman Marathon,
P.O. Box 6417, Apache Junction, AZ 85178.
contact@lostdutchmanmarathon.org
www.lostdutchmanmarathon.org

INTERNATIONAL

NOV 8 - Divas® Half Marathon & 5K in Puerto Rico

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MAY 29, 2016 - Scotiabank Ottawa Marathon, Half Marathon, 10K, 5K, 2K & Kid's Marathon

Ottawa, ON, Canada
Contact: John Halvorsen,
5450 Canotek Rd., Unit 45,
Ottawa, ON K1J 9G2.
(866) RUNOTTA
halvorsen@runottawa.ca
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● CONTINUED FROM PAGE 117

the downhill, I roll by at least a dozen guys who had passed me earlier, who had been as far as 200 to 300 yards ahead of me. With one final turn, I head to the boisterous crowds at the finish line. The sight of Lehigh Coach Utesch on the course triggers me to recall the acceleration strategy she shared on how to close out a race.

With 600 meters to go, I gather myself and make sure my legs are under me, that my form is correct: tall with hips tucked, slight forward lean at the waist, shoulders back and proud, striking the ground lightly rather than pounding like I usually do. At 400 meters, I pick out the guys I think I can pass and accelerate slightly.

Then I see red, as in the red jersey of the bantering rival who had seemingly lost me miles ago. Now he is found—about 30 to 40 yards ahead of me. At 200 meters, I put everything else out of mind and think one thing: *Pass that guy.*

There are no participant medals handed out in cross country. But I don't need one. I feel more proud hearing my rival groan "F---!" when I blow past him than I would wearing any ribbon around my neck.

What I do wear is a look of disbelief when a teammate congratulates me on my time. I hadn't even paid attention to the clock in the push to finish ahead of my hometown rival. "Not bad. Forty-something," she says.

"What?" I say. "No. I'm 52."

"I mean your time. You broke 50."

This stops me in my spikes. I have been running road races as a grownup for about 25 years. Yet this is the first time on record I have ever broken 50 minutes in a 10K. Ever. Never mind the mud.

Cross country hasn't just given me a chance for nostalgia, or the blessing of camaraderie. It has opened an ageless, timeless door to a whole new era of my running. What's not to love? 🏃

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PETER KING

SPORTS ILLUSTRATED NFL WRITER, 58, NEW YORK CITY



"I run the 6.1-mile Central Park loop once a week. People think it's flat, but there are hills."

AFTER PLAYING soccer and baseball in high school, I got so consumed with climbing the career ladder as a sports writer that my physical health got pushed way down the list.

IN 2007, when I got home from covering the Super Bowl, I weighed 288 pounds. I had to do something about my diet and fit-

ness regimen, so I started working with a trainer and running.

I RAN MY FIRST half in 2010 in 2:19, but my weight yo-yoed and I cut corners in training. After struggling to complete my second half in 2:31, I decided to get serious.

NOW I HAVE a resting heart rate of 62. I work out five times a week

● King joined *SI* as a staff writer in 1989 and has since covered the NFL for three decades. He now oversees the football-only website *The MMQB*, named after his *Monday Morning Quarterback* column.

plus a long weekend run. My weight is down to 208 and I can finish two miles in 15:24.

WHEN I STARTED training, I said if I could run a 10-minute mile, I'd be happy. It goes to show what human beings are capable of when they want something.

I DON'T want anything in my ears when I run. There's so much noise in my life. I want to be able to just think out there.

MY PHONE stays home. There's nothing so important in my life that can't wait a few hours.

TWO YEARS AGO, I ran in Pat's Run, the 4.2-mile race in Arizona that honors Pat Tillman, the Cardinal who was killed by friendly fire. I ran behind wide-receiver Larry Fitzgerald, who pushed someone in a wheelchair the whole race. That was very cool.

IT'S IMPORTANT for retired NFL guys to replace the competitive aspect of football. It's not the same, but running can be a new challenge. Ex-lineman Alan Faneca recently ran a 3:56 marathon.

FALCONS QUARTERBACK Matt Ryan would be a really good runner. He's a slim, tall guy who never seems winded.

I WENT ON an eight-mile run with Amby Burfoot in Boston while training for my first half. At the end, he looked at me and said, "You're ready." I was stoked—like, man, a guy who won Boston is telling me I'm ready!

PEOPLE LAUGH about there being no off-season. The NFL is a 24-7 obsession. Running allows me to say, "You know, there are other things in the world." I like that. **EW**



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